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**Jack, Age 37** "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

**Duane, Age 77** "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible **Deep-Tissue Laser Therapy**".



## FEATURES

### Fall's Fireworks

The best spots in the state and New England to take in fantastic foliage.

52

### 68 Sweet Dreams

Tariq Farid couldn't get a loan for his "fruit in a basket" idea. Now his Edible Arrangements company is a global force.

### 64 Healthy Living: Breast Cancer

A Yale doctor believes we don't need more breast cancer awareness, we need more understanding of the actual risks.

## DEPARTMENTS

### 8 Editor's Note

### 10 Voices

### 12 First

The gubernatorial election is still 13 months away, but the race is already on. Let's meet the candidates. We also meet an MLB Network anchor from Bristol and an entrepreneur from Avon.

### 20 Beachcombing

Lennie Grimaldi's book on Connecticut characters includes tales of Trump.

### 29 This Month

Theater writer Frank Rizzo looks back on 10 memorable plays from his 40 years on the beat, and we look forward to a versatile fall lineup of shows at the recently reopened Wall Street Theater.

### 41 The CONNsumer

Want to know something that's really none of your business? There are ways.

### 73 The Connecticut Table

Check out reviews of Milano Wine Bar & Pizzeria in Bridgeport and Thai Sweet Treats in Guilford, then pour over our picks for the state's best coffeehouses.

### 104 The Connecticut Files

Is the Penfield Reef Lighthouse keeper from 100 years ago still making waves in Bridgeport?



### 92 CPBN Guide

- "It's Been a Minute with Sam Sanders"
- "The Second First Season"
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This page: (top) A barn sits among the foliage in Cornwall; photo by Bill Wakeley, Pixels.com.

(above) Photo courtesy of Blue State Coffee.

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A church steeple pokes through foliage in New Preston.

## That Warm Fall Feeling

Summer can be oppressively hot. Winter can chill you to the bone. Spring brings the misery of allergies. Fall, on the other hand, has everything going for it.

Not too hot and not too cold, fall days are perfect for spending time outdoors, while the cool nights are ideal for sleeping.

Football season kicks off, from the Friday night lights to the ultimate stage on Sunday.

Perhaps the best holidays of the year — Halloween and Thanksgiving — are cause to celebrate autumn, as are the foods and sweet treats that go along with them. That being said, pumpkin-flavored everything can be a bit much. (Looking at you, pumpkin spice Oreos.)

It's also back-to-school season, which is sure to bring joy to the hearts of at least some parents.

There's just something special about fall. Psychologists believe it's rooted in our upbringing, a childhood filled with memories and emotions that color our present experiences. So when we smell that warm apple pie and bite into pumpkin pie with whipped cream, we're not only enjoying the smells and tastes. We're also transported — if only for a moment — back to the days of our youth, when we felt the warmth and comfort of grandma's kitchen, for those of us lucky enough to have had that happiness.

Another fall favorite that always gives me a homey feeling is foliage. Whether it's seeing those wondrous yellows, oranges and reds, the sound of rustling leaves, or walking through a field of fallen leaves, crunching them underfoot, it all just feels right. It also feels like home.

Here in Connecticut, we are blessed with some of the best foliage in the country. No matter where you are in the state, autumn puts on quite a show. If you want to experience the best Connecticut has to offer, turn to "Get Ready for Fall's Fireworks" on page 52. We'll take you all the way from the Northwest Corner, with its lovely hills, rivers and lakes, to the southeastern coast, where vibrant colors collide with the lapping waters of the Sound. Also don't miss our suggestions on the best places to eat, play and stay during your leaf-peeping excursion.

While you're out and about, as the autumn chill begins to creep in, be sure to stop by some of our favorite coffeehouses ("Coffee Break," page 78), where the hot drinks, sandwiches and baked goods are sure to give you that fall feeling. Just go easy on the pumpkin spice lattes.

As the seasons change, we're reminded that fall is political season. It's not too early to look at how the race for governor is shaping up for 2018. Writer Michael Lee-Murphy runs through the major candidates from both parties hoping to replace Gov. Dannel P. Malloy ("The Race Is On," page 12).

And with October being Breast Cancer Awareness Month, writer Erik Ofgang examines the latest findings about the disease ("Rethinking Breast Cancer Screening," page 64). It could change the way we screen for and treat breast cancer.



**Albie Yuravich**

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## reader letters

### A Pleasant Surprise

I was reading the latest issue and it was a wonderful surprise when I saw an article about the new Ronald McDonald House (“Dream House”), in which Erik Ofgang interviewed Claudia Candido, and there was a nice photograph of their son, Gianfranco. My husband and I have been friends with the Candido family for 11 years and they are truly the most wonderful, grateful family. We get together each year when they visit for Maurizio’s follow-up visits at Yale.

Also, we have been a subscriber for many years and would like to compliment you on a nice transition to a more current design and interesting articles.

Sheri and Bob Grier  
Oxford

### Another Option for Nuclear Fuel

One issue that was not addressed in your article about the Millstone nuclear power plant, “Huge Vulnerability” in the September issue, was the failure of the

federal government to allow spent fuel to be re-refined, as it is in Europe, or as an alternative, to provide a repository for spent fuel. With the failure to fund the Yucca Mountain nuclear storage facility in Nevada, nuclear facilities are forced to stockpile fuel where it was not intended for long-term storage.

Bill Porter  
New Britain

### A Salute to Coast Guard Football

In the September issue of *Connecticut Magazine*, the “Ready for Some Football” article highlighted historical and beautiful venues in our state. However, the author failed to include the gridiron with the most beautiful setting — Cadet Memorial Field at the U.S. Coast Guard Academy in New London overlooking the Thames River. In addition, it is the only venue that once every few years the president of the United States delivers the commencement address to graduates.

Roland Baikal  
Berlin

**Editor’s note:** Right you are! Cadet Memorial Field honors all Coast Guard cadets who have died at sea or on duty. The big rivalry game of the year arrives Nov. 11 when the Coast Guard Bears welcome the U.S. Merchant Marine Academy for the annual Division III Secretaries Cup. For more information, call 860-444-8600 or go to [uscgasports.com/sports/fball](http://uscgasports.com/sports/fball).

### The Rest is History

I enjoy Erik Ofgang’s last-page items of the past (“The Connecticut Files”) and I offer two suggestions that may pique your interest. The first is a suspension bridge over the Housatonic River in Monroe/Oxford that was demolished when the Stevenson Dam was constructed. I do not know when it was constructed. Actually, the piers are still visible on the Monroe side. Second: the 1912 Army maneuvers in Stratford/Milford, which was the first time aeroplanes were used in conjunction with military activities and attracted international attention. Lastly, having read the July issue (“First in Flight or Fake News”), I can report that there was also a purported flight of Gustave Whitehead in the Lordship area of Stratford observed by patron Stanley Beach which appeared in *Scientific American*, which was edited by Beach’s relative but later recanted when financial issues clouded his association with Whitehead.

Raymond Jankowich  
Stratford

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## The Race Is On

WITH GOV. MALLOY LEAVING OFFICE, DEMOCRATS AND REPUBLICANS ARE JOSTLING TO REPLACE HIM

BY MICHAEL LEE-MURPHY

For the past several months, most of the political energy in state politics has been taken up by the arduous and grueling fight over passing a budget.

Before all the bad blood, Gov. Dannel P. Malloy's announcement in April that he would not run for a third term was heard as a starting gun in the race for the governor's office in 2018. The summer's intense fight over passing a budget has revealed deep divisions within the state's political class, the 2018 race is sure to have high stakes for the direction of Connecticut's political future.

While the general election is more than a year away, Republicans and Democrats will hold their state party conventions in May and primaries in August. The field is crowded, particularly on the Republican side.

Here's our rundown of the major candidates who have either officially declared or are exploring a run, along with a few others whose entrance would change the game.



**TONI BOUCHER**  
Chief deputy  
Senate Republican  
majority leader

Boucher has long been one of the more important figures at the Capitol. The Wilton senator this summer placed much of the blame for the state's budget difficulties on the state employees union contract approved by the governor. Boucher has been a fixture on important legislative committees such as appropriations and education. She also brings 20 years of experience in the private sector.

## DEMOCRATS



**DAN DREW**  
Mayor of  
Middletown

The change in Middletown's downtown over the last 20 years has been nothing short of remarkable, and the city is without a doubt one of the true success stories among urban centers in the state. While Drew has only been mayor of Middletown since 2011 and certainly cannot claim all of the credit for the revival, he will bring the positive connotations of his city's vibrancy to the governor's race. Drew has positioned himself on the left, and has been sharply critical of President Donald Trump and many of his policies. Drew is young at 37, but in a time when older incumbents are looking over their figurative shoulders, Drew's age may be more of an asset than a liability. In early September, he named freshman state Rep. Liz Linehan, who represents Cheshire, Southington and Wallingford, as his running mate.



**JOE GANIM**  
Mayor of  
Bridgeport

To call the Bridgeport mayor a wild card is perhaps an understatement. After staging a remarkable political comeback upon being elected mayor of Connecticut's largest city in 2015 after serving a seven-year prison sentence for corruption in the city, Ganim now has his sights set on the governorship. First, however, he has to slay the dragon of the State Elections Enforcement Commission, which unanimously ruled to deny Ganim any public funding, as he is a felon. Ganim has subsequently sued the SEEC in federal court, alleging his right to free speech has been impinged. Ganim certainly stands as an outsider, but he surprised people with his resurrection in Bridgeport.



**JONATHAN HARRIS**  
Former state  
senator

Until he resigned in April to run for governor, Harris was the commissioner of the state Department of Consumer Protection. Through that position, and as a former executive of

the state's Democratic Party, he is seen as being relatively close to the Malloy political establishment. Time will tell whether that is a hindrance or a help to him. Harris, like Comptroller Kevin Lembo, who dropped out of the race in early September, is one of the Democrats who has said he will drop out of the race if Lt. Gov. Nancy Wyman decides to run, and support her instead.





**MARK BOUGHTON**  
Mayor of  
Danbury

In terms of profile and name recognition, Boughton probably leads the Republican field. For years, “Mayor Mark” has created a Twitter personality for himself through his

humorous @MayorMark account. Throughout the legislative session this past year, Boughton played a prominent role in advocating some level of fiscal reform to benefit towns and cities as the president of a committee drafted by the Connecticut Conference of Municipalities. He wants to phase out the income tax over several years as part of a “pro-growth” strategy. Historically Boughton’s immigration policies have been at odds with many other leaders in the state who have positioned their municipalities as “sanctuary cities.” In 2005, Boughton attempted to have local police enforce federal immigration laws.



**MARK LAURETTI**  
Mayor  
of Shelton

In this mayor-heavy race, few have spent as much time in the chair as Lauretti, who has been in the office since 1991. He is expected to make

the argument that his 26 years as Shelton mayor have led to increased prosperity in the town, with the relocation of businesses, a stable tax base, and increased property values. The low-tax, low-spending argument will sit him squarely in the fiscally responsible Republican ideological wheelhouse. He may have to answer questions about having been the named target of a federal corruption probe tied to a case which sent a Shelton developer to prison for four years. The investigation was shut down in 2014, and Lauretti was never charged.



**PRASAD SRINIVASAN**  
State  
representative  
from Glastonbury

The surprise at this earliest stage of the race has been the amount of money Glastonbury state Rep. Prasad Srinivasan has raised. By early September, the four-term legislator from Glastonbury had raised enough to place him in the conversation with any of the more widely known Republicans, at least in terms of funding. Srinivasan, a physician originally from India, has

also aligned himself with fiscally conservative legislation, sponsoring bills to have state employee union contracts subject to more scrutiny from legislators, and to eliminate a range of taxes.



**TIM HERBST**  
First selectman  
of Trumbull

Trumbull’s chief elected official says the state spends too much and taxes too much, and joins the swell of municipal leaders trying to take the top job in Hartford. Herbst has been raising a lot of money in the exploratory stage of his run, and has drawn attention via some bombastic rhetoric about the “crooked” nature of Hartford politics. State

employees and their benefits also draw much of his ire, and readers may have heard of Herbst through his political action committee TimPAC, and the use of it to renew a college rivalry with state Rep. David Alexander of Enfield. Look to him to take up the mantle of the “Hartford outsider.”



**PETER LUMAJ**  
Fairfield lawyer

The Albanian-born lawyer is exploring his third bite at the apple, after running for U.S. senator in 2012, and then coming closer in the 2014 race for secretary of the state. Lumaj has tacked to the right on issues of immigration and taxation, criticizing Malloy’s decision to take in Syrian refugees and praising President Trump’s decision to rescind the DACA program for undocumented youth. Lumaj came to the U.S. as a refugee of the Balkan wars. Despite having a comparatively low profile among the Republican hopefuls, Lumaj outraised all of them by early September, with his contributions coming mostly from out-of-state donors. (Lumaj works as a lawyer in New York City.)



**STEVE OBSITNIK**  
Westport businessman

Connecticut is no stranger to the political candidate who comes from business, whose success in that world has propelled them to step into the political ring. Ned Lamont and Linda McMahon are recent examples. This year’s vintage is Westport tech entrepreneur Steve Obsitnik, who has created or invested in a number of tech companies over the years after serving a stint in the Navy. His policy planks thus far mostly involve job creation. Look for those ideas to be fleshed out in the coming months.

## GAME CHANGERS?

Although not in the race as of this writing, these political forces would change the dynamic if they entered.

**TOM FOLEY** Republican gubernatorial candidate in 2010 and 2014, and former U.S. ambassador to Ireland

**TONI HARP** Democratic mayor of New Haven and former state senator

**THEMIS KLARIDES** Republican speaker of the House representing Woodbridge, Orange and Derby

**JOHN MCKINNEY** Former Republican Senate minority leader

**ERIN STEWART** Republican mayor of New Britain

**NANCY WYMAN** Current lieutenant governor and a Democrat



# Talking a Good Game

BRISTOL NATIVE PROVES TO BE A VALUABLE UTILITY PLAYER AS A BROADCASTER FOR MLB NETWORK

BY MIKE WOLLSCHLAGER

This month means the arrival of the Major League Baseball playoffs and the World Series, which begins Oct. 24. During the playoffs, if you tune into the MLB Network there's a good chance you'll see Bristol native Paul Severino. In addition to occasional play-by-play duties, he has hosted *MLB Tonight*, *Quick Pitch*, *Intentional Talk*, *The Rundown* and just about every other show broadcast from the network's studios in Secaucus, New Jersey.

After a handful of internships that included WVIT in West Hartford and WTNH in New Haven — Severino is quick to point out the positive impact Kevin Nathan and John Pierson, the current sports directors at those respective stations, had on his career — he graduated from Endicott College in Beverly, Massachusetts, in 2005. Twelve days later he became the unpaid play-by-play internet voice of the now-defunct New Haven County Cutters of the independent Can-Am League. At the end of that summer he was hired to contribute to the innovative-at-the-time Mobile ESPN service that had yet to launch. Or, as Severino puts it, "I was able to live in my mom's basement and get my big break at 22 years old. And I'm fortunate for that, and I think about that all the time." He joined MLB Network in 2011.

We recently caught up with the 33-year-old Severino, who lives in New Jersey with his wife, Heather, and 7-year-old son Jackson.

**When did you start to feel like you had arrived?**

It's interesting because I've always felt like I could do it. I think maybe because I was dumb and naive, it never seemed like the unattainable goal. Part of that was also growing up in Bristol and driving by ESPN all the time; it doesn't seem like Mecca. It just seems like the place down the street that has satellite dishes. I was never intimidated by it. Once I worked there, I appreciated it and I was in awe of how finely tuned a machine it was and how big it was, the reach of it and everything else. But I kind of felt like I belonged, having lived in Bristol and gone on summer camp day trips to the network, and walking by Stuart Scott in the hallway when I was 10 years old, just thinking, yeah, this is how it's supposed to go.

**St. Paul, your alma mater, won the Class S high school baseball state championship in 2016. You were doing your part to try to make it a national story.**

Never forget where you come from, which isn't hard when Mom still lives there. St. Paul's pitching coach [Jarrett Stawarz] is a former teammate and the head coach [Vic Rinaldi]



Paul Severino has been a jack-of-all-trades studio host at MLB Network since 2011. COURTESY OF MLB NETWORK

is a guy I worked with at the Cutters. They won the state quarterfinal game on a day that I was hosting *MLB Tonight*, so, whatever "power" I have, I like to use for good. I just tried to put myself in their shoes. If someone mentioned on the MLB Network that my team was going to the state semifinals, that would be a cool moment. So I figured let me do that and pretend like I'm cool for a minute. ... They obviously won the state semis and then, getting ready for the finals, I decided, well, [Hall of Fame pitcher John] Smoltz is here and he's pitched in a big game or two, so let me ask him — Smoltz is a great guy — to just tape a little pep-talk video. He did that and they ended up winning the game. ... I told the team if they ever want to come and tour the network, please do. We picked a day in late December and they came to the network and toured the place and took pictures and I got them on the air. I was doing *Intentional Talk*, which is a little bit more laid back, a little more freedom, so I got the whole baseball team on the air to kind of say hello real quick. And one of the really cool moments, that they absolutely did not need to do, was they presented me with a state championship ring.

**You've had some interesting experiences, including calling the action at the World Baseball Classic earlier this year from Seoul, South Korea. Those games were March 6-9. North Korea launched five missiles on March 5. I did the whole tournament from the first game to the last game, which was a great**

experience. And when I was telling people I was going to Seoul, it was one of those things where, obviously with all that's going on in the world, it's not necessarily a vacation destination. I figured I'm not saving up to go, somebody else is paying for it, so I'll go and make the most of it.

**Talk about one of the high points of your career, a time when you kind of stopped to soak up the moment.**

Right before the start of the WBC final [at Dodger Stadium in Los Angeles], we had already taped our opening segment, so we were just kind of watching the whole extravaganza beforehand. I'm watching the video board, and as they're going through these extremely well-edited highlights, I notice a lot of my calls are there, in that video package. That video package is being played at Dodger Stadium on the big board in front of 50,000 people, and [then there's my play-by-play call from the semifinal round], "It's Team USA and Puerto Rico for the championship!" and then it's just, BABABOOM! and here come the fireworks. I was quick enough to get a video of it and send it to my mom, and I think I said something like, 'Hey Ma, I made it.' That was one of those pinch-yourself moments.

**Did you make the decision to go with the butch-haircut-and-beard look, or was that advice you received?**

No, that was nature. As John Smoltz would say, because maybe a year and a half ago I said, "One of these days, Johnny, I'm gonna be going



to your barber.” And he assessed my hair and he looked at me and he goes, “No, no, no, you’re good. The infield is playing back, but you’re good.”

**We get it. John Smoltz is your best friend. But you’re a lifelong Yankee fan. When it comes to meeting a player you grew up watching, was Derek Jeter the biggest moment for you?**

Yeah, I would say Jeter. It was the 2006 All-Star Game at PNC Park in Pittsburgh. My father passed away in November 2003, and my dad was a huge influence on loving sports and loving the Yankees. He died on Thanksgiving night, and on Tuesday, two days before, I had come home from college and was working on a paper for one of my sports classes. The subject was the most recent Yankee dynasty — from ’93 or ’94 when they were stinking and getting better all the way through 2001. He came home from work and I said, “Hey Dad, I’m working on this paper. Let me read you the opening paragraph.” I read it to him, and I don’t know if it’s just because he was my dad and he had to say something nice, but he looked at me and said, “That was amazing. You’re going to be great at what you do.” And I said “thanks,” and I didn’t think much of it; I appreciated it, but I didn’t really think much of it. Here we are 14 years later and I remember the exact moment. I never forgot that.

**Do you think right now he would be checking your work schedule on a daily basis and watching you every minute you’re on TV?**

Yeah ... probably. Probably ... might flip to the Yankee game every once in a while. ... But I digress. So, meeting Jeter in 2006. I waited for him; I kind of stalked him out like a weirdo. I waited for him to come off the field and I said, “Excuse me, Mr. Jeter, do you have a second?” And he stopped for me. I was on the field covering it for ESPN, so I had a credential. I said, “I just want to introduce myself” — I don’t even know if I said my name, to be honest with you — but I said, “My father passed away in 2003 and I read your book, *The Life You Imagine*, and a lot of the things that my dad would have said to me in these last three years are things that you wrote in that book, and I just want to say that I appreciate that.” And he said, “Thanks, it was good to meet you.” And then he walked away. That was a cool moment.

**So, to sum up, things are going pretty well for you.**

If you told me 15 years ago that I’d be sharing an office with three former major leaguers [Carlos Pena, Eric Byrnes, Tim Lincecum], I never would have believed you. Then I would have asked if any of them are messy, because I’m an only child and I like things to be tidy. ■

| first | **entrepreneur**

# Untuck and Roll the Dice

AVON ENTREPRENEUR LEFT LUCRATIVE CAREER WITH EYES ON CREATING THE PERFECT DRESS SHIRT

BY MIKE WOLLSCHLAGER

Not every 22-year-old can land a job with an investment banking firm in Washington, D.C. And for those fortunate enough to do so, not many will give up that career to start a fashion business in Connecticut.

Jaymin Mehta made that decision and has devoted the past three years to launching men’s dress shirt company Newbury Mills. “I’ve always had an entrepreneurial passion,” says Mehta, now 25 and living in Avon. “I always knew I wanted to do something but I didn’t really know what. But I knew that I wanted to start something, grow something, have a successful business, and employ lots of people.”

Mehta grew up in Bristol and attended public school there before enrolling at Kingswood Oxford in West Hartford. That’s where the cotton seed was planted in Mehta’s mind for newburymills.com, a fledgling online company specializing in dress shirts that can be worn both tucked and untucked.

Being a student at a New England prep school and working for an investment banking firm means buying a lot of button-down shirts. Mehta thought about how convenient and cost-efficient it would be to simply untuck and wear the same shirt when going out after work. “For some time I had known that I wanted to do something in fashion. Working in finance and going to prep school, I had been buying nice, expensive clothing for that,” Mehta says. “I love the design of some of my dress shirts, but if I wear them to go hang out with my buddies on a Saturday, I couldn’t wear it untucked. I said, well, I think I’m onto something here. That was the catalyst.”

The amount of time and energy Mehta poured into Newbury Mills, which started selling shirts in March, is evident when he discusses his product. He explains how



Jaymin Mehta displays half of his 12-shirt Newbury Mills collection at his Shelton fulfillment center.

the stitching is seamless and precise. The buttons were chosen from among hundreds of options, not just for style purposes but for how they feel to the touch. Even the manner in which buttons are sewn onto the shirt is important. Mehta says one of the most challenging aspects of his journey was to create a non-iron dress shirt without using formaldehyde, which is a common practice but potentially harmful. “I realized I couldn’t do that in good conscience. That was a very difficult process.”

So Mehta stops short of calling his shirts “non-iron,” but is proud to anoint them “wrinkle-resistant.” These are some of the details that took three years to, ahem, iron out. Coincidentally, three years is the amount of time it took Mehta to complete high school. And because he started elementary school a year early, he was strolling the campus of Worcester Polytechnic Institute as a 16-year-old freshman computer science major, presumably with his shirt untucked.

Clearly not averse to hitting the books, Mehta immersed himself in research for his future company. “It was a lot of learning. Whether it was about the fabric, how we could make it two-ply, how we could make it wrinkle-resistant without using formaldehyde — a big challenge. A lot of learning, research, time and talking with experts went into that.”

The fruits of his labor now sit on shelves at a Shelton fulfillment center, from which



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they are shipped when an order is placed at [newburymills.com](http://newburymills.com). (Another astute decision made by Mehta is using clips instead of pins when packing his shirts. Hands with pricked fingertips can applaud this detail.) "I came back to Connecticut. We could have launched this anywhere. We could have had our warehouse anywhere. I'm very proud that we are as local as we can be."

As for the fit of the shirt itself, it's light without being thin, fitted without being tight. The length allows it to be tucked in for hours and then untucked without the sloppy, wrinkly shirttail effect. Summed up simply, Mehta describes it as "a formal shirt that you can wear casually." There are 12 styles and designs to choose from, with hopes for future expansion and diversification. Though his shirts can only be purchased from his website, Mehta says he'd like to get them into existing clothing stores.

Humble and careful, yet confident and calculated, Mehta is fully aware of what he walked away from. "It's not like I was getting burned out and this was an excuse, like 'I'm going to do something else.' I was doing well. To walk away from that whole opportunity... there's a lot of aspirations pinned to Newbury Mills." [newburymills.com](http://newburymills.com)



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whom they choose, be free from abuse and unsafe environments, and be treated as an individual with unique wants and needs. Residents' Rights Month is a time for staff, families, ombudsmen, residents and other advocates to focus on resident-directed care, emphasizing self-determination, choice, and quality of life of each resident.

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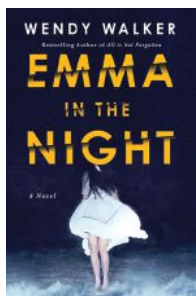


# | the reading room |

## EMMA IN THE NIGHT

by Wendy Walker  
St. Martin's Press  
320 pages, 2017

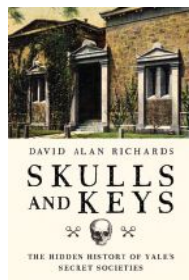
The second novel from Wendy Walker, a bestselling author who lives with her family in Stamford, is a psychological thriller that simmers with quick-paced prose, mystery and intrigue. Walker's first novel, *All Is Not Forgotten*, is an international bestseller with movie rights sold to Reese Witherspoon, and like that novel, *Emma in the Night* is set in an affluent Fairfield County town. When two teenage sisters, Cass and Emma Tanner, go missing, the popular theory is that they have drowned in Long Island Sound. Three years later, when the younger Cass returns unexpectedly, she tries to help FBI psychiatrist Abby Winter find the still-missing Emma, but the tale Cass tells has more twists and turns than a Connecticut backroad. Ultimately, Cass sheds greater light on the sisters' narcissistic mother than on Emma's whereabouts. Connecticut readers will recognize many familiar areas. In addition to the unspecified spot on the Connecticut coastline where the majority of the novel takes place, there are references to the FBI field office in New Haven, and one scene takes place at Danbury High School. More intriguing than this local flavor is the exploration of narcissism and the mystery of the Tanner sisters' disappearance that is at the heart of the novel, and had us turning pages as fast as we could till the very end. | ERIK OFGANG |



## SKULLS AND KEYS: THE HIDDEN HISTORY OF YALE'S SECRET SOCIETIES

by David Alan Richards  
Pegasus Books  
832 pages, 2017

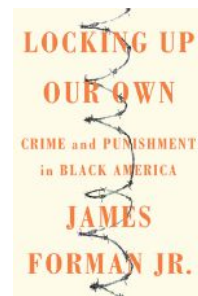
The name is creepy, and we know that very powerful people (two presidents and one secretary of state just in the last few election cycles) have been members, but what do we actually know about Yale's Skull and Bones? The hulking, windowless building on High Street offers no answers. The other secret society names are equally as strange and scary, their unadorned and mysterious buildings peppering the city: Scroll and Key, Book and Snake, Wolf's Head. This new, mammoth history of Yale's secret societies from David Alan Richards goes at least some of the way toward explaining these oddities. Starting with how they formed and how they've changed over the years, Richards explores the social contexts for these organizations. But since he's a Bonesman himself, can we be sure we're getting the full story? | MICHAEL LEE-MURPHY |



## LOCKING UP OUR OWN: CRIME AND PUNISHMENT IN BLACK AMERICA

by James Forman Jr.  
Farrar, Straus and Giroux  
320 pages, 2017

The growth of prisons in America in the 20th century and the increasing rates of incarceration, particularly since the 1980s, are on the minds of many academics and authors. Michelle Alexander's 2010 *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* became something of a publishing phenomenon. This year's *Locking Up Our Own* from Yale Law professor James Forman Jr. details some of the unexpected ways in which the current system of mass incarceration came to be. Forman Jr. details the way in which many black civic leaders advocated for the tough-on-crime policies that led to the disproportionate level of black incarceration we see today. The book has been discussed in some of the most prominent forums in the nation, and as a former Washington, D.C., public defender, Forman Jr. knows of what he writes. | MICHAEL LEE-MURPHY |



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Southeast Connecticut hosted the sixth annual **Jeffrey Osborne Celebrity Classic** in August. Previously held in the musician's home state of Rhode Island, the multi-day event — consisting of the Celebrity Softball Classic, the All-Star Comedy Explosion, the Celebrity Classic golf event and live and silent auctions — raised money for local nonprofits that support music and arts education in public schools and other family services. (photos by David Bibeault/Atom Media)

1. Actor/comedian Chris Tucker, left, and Osborne were on the winning team at the Celebrity Softball Classic at Dodd Stadium in Norwich.
2. Osborne hosted the All-Star Comedy Explosion at The Grand Theater at Foxwoods.
3. Basketball legend Julius "Dr. J" Erving was among those on the red carpet at the Foxwoods High Rollers club.
4. R&B luminary Smokey Robinson at the VIP reception.



In July, the historic Hotchkiss Library of Sharon held its annual **Summer Book Signing** fundraiser, a festive evening aimed at furthering the promotion of literacy throughout the community. Thirty authors came together to sign their latest hardcover books for hundreds of book lovers from neighboring towns in northwest Connecticut, the Hudson Valley, and the Berkshires. (photos by Christine Fritz)

5. Connecticut authors David K. Leff, left, of Canton, and James Charlton, of Lakeville.
6. J. Barclay Collins II, president of the Hotchkiss Library board of directors.
7. From left, Sok Nam Park, Hotchkiss Library Co-Executive Director Lorraine Kerr Faison, and Hotchkiss Library board member Victoria Jennings Ross.



8. After The Storm Inc. hosted its annual **Art Bra** fashion show in August. The live auction and fashion show, held to benefit cancer survivors and help them to heal physically, emotionally and spiritually, features creations designed and made by survivors, family members, friends and volunteers. This year's show brought in almost \$50,000, which will go toward providing integrative services such as yoga, reiki, acupuncture, reflexology and massage to those undergoing cancer treatment. Pictured from left, Sherry Tetzlaff, Melissa Symonds, Jeanne Beth King, president and founder Christine Willett, Stacy Zaid, Alissa Connell and Kristen Corcoran. (photo by Michael Benson Photography)



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# Larger Than Life

NEW BOOK TELLS OF STATE'S BRUSHES WITH TRUMP, LINDA BLAIR, HELLS ANGELS, 'THE WICKED WITCH' & MORE

Lennie Grimaldi's book on Connecticut characters traces back to January 1978. That's when Grimaldi, a 19-year-old obituary writer for the *Telegram* newspaper in Bridgeport, landed an exclusive interview at the now-closed Fore 'n' Aft club in Westport with 18-year-old Linda Blair, who had played the possessed girl in *The Exorcist*.

As Grimaldi writes in the first chapter of *Connecticut Characters: Personalities Spicing Up the Nutmeg State*, Blair at that time was facing narcotics charges and wasn't talking to any reporters about it.

Grimaldi was working on the obits desk on a Thursday night when a friend called in a tip: Blair was hanging out at the Fore 'n' Aft because she was dating a guy in a band called Bitter Fingers. When Grimaldi mentioned this to an editor, his boss said: "Hey kid, if you think you can get the interview, go for it."

Grimaldi went to the club and there she was, sipping beer with her friends. But rather than approach her in the crowd, he wrote, "I did the only sensible thing under the circumstances. I plopped myself next to the women's bathroom and waited."

After a couple of hours, Blair finally needed to empty her bladder. He introduced himself outside the bathroom and delivered this pitch: "I know you haven't commented on your situation but you're young and I'm young and I'll write a fair story to set the record straight."

She nodded and told him to follow her into the restaurant's kitchen. They hit it off; the interview lasted for more than an hour, past midnight. Blair told Grimaldi she had nothing to do with drugs and had been targeted because of her movie-star fame.



Lennie Grimaldi, author of *Connecticut Characters: Personalities Spicing Up the Nutmeg State*, at the gravesite of a "witch" named Hannah Cranna at Gregory's Four Corners Burial Ground on Spring Hill Road in Trumbull. Cranna placed a curse on Monroe, according to legend. PETER HVIZDAK

Grimaldi's scoop landed on page one in the *Telegram*. Then he went back to writing obituaries. Blair would plead guilty to a lesser possession charge and received three years of probation.

"Linda was very easy on the eyes; a tomato!" Grimaldi says when we meet in a Trumbull restaurant. "She wrote me a thank you note, hand-written!"

The 17 chapters in Grimaldi's book (published by his public relations company, Momentum Communications) run the gamut from politicians such as Bridgeport's comeback mayor, Joe Ganim, to Hells Angel Danny "Diamond Dan" Bifield, and Trumbull's "wilderness warrior" Joe Haines, who lives off the land so much that he eats squirrels.

And then there is Donald Trump.

In the summer of 1994, Trump, who was then living part-time in Greenwich, wanted to build a casino in Bridgeport while stopping anybody else from doing it. He also envisioned building a massive theme park along Bridgeport's waterfront.

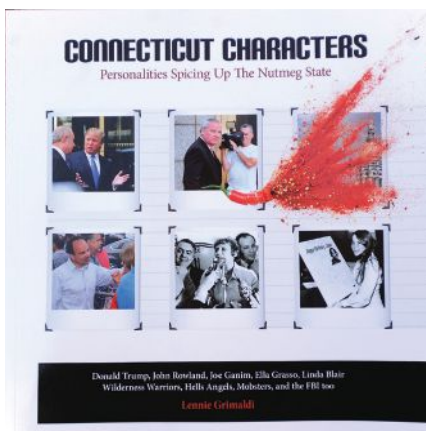
And so he was courting Ganim. When Trump invited Ganim to dinner at Trump's Plaza Hotel in Manhattan, Grimaldi joined the two of them. Grimaldi was Ganim's campaign manager during the 1990s.

The Trump chapter, which is an excerpt of a Grimaldi article that ran in *Connecticut Magazine* in October 2004, describes a glamorous evening with Trump, as he took his guests to several swinging parties.

A few months later, Trump invited Grimaldi back to New York and asked him "to be my eyes and ears in Connecticut" regarding the competing casino schemes. After a quick negotiating session, Trump shouted to his administrative assistant: "Cut a check right now for \$10,000 and make it out to Lennie Grimaldi."

For four years Grimaldi was Trump's Connecticut media consultant. He wrote: "It was like riding a bronco. Every event is like a day at the rodeo."

During our lunch, Grimaldi tells me,





"I'd go through his talking points, he'd say, 'Yeah, yeah, yeah,' then he'd walk out the door, the light of the cameras went on and he'd chuck everything I'd said and just freelance it."

Last December, following Trump's unexpected presidential victory and after Grimaldi had told a *Hartford Courant* reporter about his "bronco ride" working for Trump, the president-elect gave him a call.

"He said, 'So, I'm like riding a bronco, eh?' Then he said, 'Can you believe what happened?'"

Grimaldi replied no, he couldn't believe Trump had been elected president.

"And Trump said: 'I can't believe it either!'"

Shaking his head over that conversation, Grimaldi says, "I didn't think then or now that he has the temperament to be president."

Grimaldi's chapter entitled "Comeback Clove Joe Ganim" was originally written in 2015 for Grimaldi's website "Only in Bridgeport." (Just one of the book's chapters wasn't previously published.) Grimaldi notes at the beginning of the "comeback" chapter that Ganim resigned as mayor in April 2003 after being convicted on federal corruption charges. Grimaldi acknowledges earlier in the book that he too was caught up in that scandal. After pleading guilty in 2001 to racketeering conspiracy and filing a false income tax return, he served 10 months at a federal prison camp.

Ganim served seven years in prison but in 2015 staged a remarkable winning bid for re-election as Bridgeport's mayor.

When asked about his own time in prison, Grimaldi says, "I tell people life isn't about hitting the canvas. It's about what happens when you get up and move on. I had to re-invent myself. I went back to my writing roots."

In Grimaldi's chapter on paranormal investigators Ed and Lorraine Warren of Monroe, Grimaldi focused on Hannah Cranna, "a wry, mid-19th-century woman who would sit on her favorite rock and hurl curses at townspeople." According to local legend, the woman who would come to be known as "the wicked witch of Monroe" placed a curse on the entire town while on her deathbed.

Grimaldi took me out to her grave at Gregory's Four Corners Burial Ground in Trumbull, near the Monroe town line. Grimaldi grew up in Monroe, near that cemetery, and often heard about "the witch" who screamed from her grave.

Grimaldi stooped by her headstone, showing me the pennies, dimes and stones that have been placed atop the stone. "See! People come by to pay tribute to her!"

*Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.*



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# Fall in Love with Mystic Country

By MICHELLE BODAK ACRI

Red, yellow, orange and umber are the colors of fall in Mystic Country. They bring a romance to hill and meadow, shore and Sound that's hard to resist — and why should you? This is a season made for sharing, and today is a day to celebrate. Blink and it'll be gone; life promises no second chances. So, read on, dear friends, and discover all we've got planned for you. It'll be a fall to remember.

## BY THE SEA

Art lover? The 17th National Exhibition of the American Society of Marine Artists opens at the seaport on Oct. 14. The traveling exhibit will include more than 120 works of painting, sculpture and scrimshaw from the nation's leading contemporary marine artists, including works by young maritime artists who received top prizes in a nationwide competition.

Hopeless romantic? The 1908 Steamboat *Sabino*, just back from a two-year restoration in the museum's shipyard, will offer October cruises down the Mystic River to take in the glory of the fall foliage.

And for your thrill-seeker: *Nautical Nightmares: A Creature Among Us*, a spooky play inspired by Mary Shelley's *Frankenstein*, will include four chilling scenes of murder and mayhem, science and suspense staged throughout the village. Each performance/walking tour, scheduled for Oct. 13, 14, 20, 21, 27, 28 and 29 from 6-10 p.m., is about one hour and covers a half-mile of the grounds; pre-registration is encouraged.

## AND ALL THE JAZZ

"Jazz is about being in the moment," the great Herbie Hancock once said. There may be no better place in Connecticut to be in said moment than the Side Door Jazz Club at the Old Lyme Inn (860-434-2600 or thesidedoorjazz.com). The June lineup at the Side Door, named one of *DownBeat* magazine's 2016 Best International Jazz Venues, includes René McLean (Oct. 5), the Mark Zaleski Band (Oct. 6), the Chico Freeman Plus+tet (Oct. 13), Ed Fast (Oct. 14), the Makanda Project (Oct. 20), Nicki Parrott (Oct. 21) and Buster Williams (Oct. 27 and 28). Better yet, with your tickets you enjoy overnight discounts at the circa-1856 inn itself (oldlymeinn.com), once the center of a 300-acre working farm at which many of Old Lyme's famous Impressionist artists painted *en plein air*. Each of its 13 guest rooms has been fully renovated so that new (flat-screen televisions, gas

fireplaces and heated floors) and old (antique furniture original to the inn and local artwork) mix nicely. For still more jazzy options, Sunday brunch features live music by owner Ken Kitchings' jazz quartet Kenny and the Bad Pennies.

## LADIES AND GENTLEMEN, START YOUR ENGINES

If the couple that plays together, stays together, the new Naskart Indoor Kart Racing and Trampoline Park in Montville (860-444-7700 or naskarttracing.com) is one rockin' place to do it.

The centerpiece of the \$10 million, 110,000 square-foot complex is what's said to be "the largest multi-level indoor karting facility in the world," with all-electric, zero-emission karts capable of reaching 40 mph on two diverse, multi-level, quarter-mile tracks — dang! Hint for beginners: Opt for what is known as the "Coca-Cola Track," which has more straightaways as compared to the twists and turns of the second track. If you're up for the challenge, Thursdays feature a conjoined Naskart Supertrack featuring half-mile laps. Heats are divided by age/height; an adult "lightspeed" heat is for drivers 15 years and up and at least 58 inches tall. Head for the checkered flag!

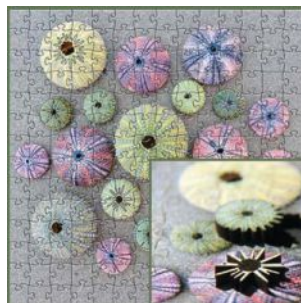
## ON THE EDGE

Water's Edge Resort & Spa (860-399-

5901 or watersedgeresortandspa.com) in Westbrook has got it goin' on in October. Rick Larrimore's "Ultimate" Tribute to Rod Stewart on Oct. 21 includes two sets and a themed buffet dinner for \$49 a person. Next up: the Water's Edge Fall Fest, which runs Oct. 23-27. Hotel specials for the fest include rooms starting at \$99 per night plus 25 percent off your next Sunday-Thursday stay before Dec. 22 if you book online using the promo code FEST1. At the spa, 50-minute treatments are 50 percent off during the fest and you get 50 percent off 50-minute treatments on a Monday-Friday return visit before Dec. 22. Festival lunch (\$14.95) and dinner (\$19.95) specials also include 25 percent off food in Dattilo for a Monday-Thursday return visit before Dec. 22 — because two Water's Edge getaways are better than one! Finally, the first Water's Edge Brunch and Brew on Oct. 29 includes an award-winning Sunday brunch followed by the opportunity to sample more than 40 selections of beer from 12 local breweries as you take in some NFL football in the beer lounge. (Tickets are \$50.)

## PAST PERFECT

So you enjoy the chance to while away an afternoon antiquing? The PAST Antiques Marketplace at Nature's Art Village in Montville (860-443-4367 or naturesartvillage.com), home to more than 90 vendors selling one-of-a-kind antiques, crafts and collectibles, is the place to do it. Everything from furniture and coins to antique jewelry and framed art is displayed on two floors to explore hand in hand. Not ready to end the date yet? This happening village is also home to Discovery Depot, a hands-on indoor activity center where you can dig for crystals and minerals, pan for "gold" or unearth dinosaur fossils; The Gateway Museum: A Village of Progress, which showcases 200 years of American trades and innovations; The Shops at



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### I KNOW YOU ARE, BUT WHAT AM I?

Let's face it: We're all a little weird. Life is a little weird. Life in the ocean is most certainly not going to be the exception. Mystic Aquarium's (860-572-5955 or mysticaquarium.org) new exhibit *Weird & Wonderful* is all about embracing the weird. Unfathomably freaky and outlandishly odd species on display include giant Japanese spider crabs, which can weigh as much as 42 pounds and reach 12 feet claw-to-claw, mudskippers, giant Pacific octopus, isopods, paddlefish, frogfish and more. *Our Blue Park* is a gallery exhibit dedicated to the first marine national monument in the Atlantic Ocean. Located in the mezzanine leading to Foxwoods Marine Theater, the exhibit takes guests on a photographic journey of the Northeast Canyons and Seamounts Marine National Monument as it seeks to raise awareness about conservation. *Sea Scare*, where wizards work to reverse an evil sea witch's curse upon the aquarium,

returns weekends in October starting on Oct. 14. And then there are the penguins — who need our help! Every step taken during Run/Walk for the Penguins on Oct. 14 benefits the endangered and eminently likable African penguin, and whether you choose the 5k run or 2-mile walk, aquarium admission is free on race day.

### I JUST WANNA FLY

How do you feel about screaming on the first date? The new Thrill Tower at Foxwoods Resort Casino (800-FOXWOODS or foxwoods.com) could be the excitement you're looking for. The thrill-a-minute tower features two rides: Sky Drop, which climbs more than 10 stories before delivering a white-knuckle free fall, and Sky Launch, a human catapult that the folks here like to say propels you "beyond your screams." But, wait, there's more: The Foxwoods High Flyer Zipline is also scheduled to open this fall. The 3,750-foot-long line launches guests from the 330-foot-tall Fox Tower and over the treetops to the Mashantucket Pequot Museum & Research Center at speeds of more than 60 mph — talk about adrenaline!

For those who prefer their feet planted firmly on the ground, top shows at Foxwoods this month include Mariah Carey on Oct. 14, the So You Think You Can Dance: Season 14 Tour on Oct. 15, Terry Fator: The Voice of Entertainment on Oct. 20 and the incomparable Ms. Patti LaBelle on Oct. 21. VUE 24, perched high atop the Grand Pequot Tower, offers a three-course pre-theater menu Wednesday-Saturday from 5-6:30 p.m. for \$55 per person. Think along the lines of lobster bisque, Stonington sea scallops, beef bourguignon and Columbia River king salmon.

### IT TAKES A VILLAGE

How does a little shopping, then dinner and a movie sound? Olde Mistick Village (860-536-4941 or oldemistickvillage.com) has got you covered on all three. This highly stroll-able collection of some 50 unique shops and eateries designed to represent an 18th-century New England village offers much to explore. Mystic Kite Shop, for example, has one of the largest collections of whirlygigs, kites and chimes around. Kelley's Pace for the best in running footwear and apparel. CT Quilt Works for vintage and modern quilts and fabrics. Sticky Situations for artisan honey, maple syrup, bee pollen and bee products. ... Dinner? Consider Steak Loft of Mystic, Go Fish or Mango's Wood-Fired Pizza Co. To top it off, Mystic Luxury Cinemas is right within the village should you want to take in a flick — *Blade Runner 2049* and *Victoria & Abdul* begin Oct. 6, while *Monty Python and the Holy Grail* and a special 40th-anniversary screening of *The Rocky*

*Horror Picture Show* will be shown Oct. 13. The Jealous Monk, which features a menu of 100 varieties of bottled beer as well as a wide variety of wines and creative cocktails, is the place to end your night.

### TO THE POINT

The Saybrook Point Inn & Spa (860-395-2000 or saybrook.com) in Old Saybrook is a big believer in the "day-cation." Thus, its "Just Because! Romance Package for Two" (\$599) at on-site Sanno Day Spa not only includes a glass of Prosecco, 80-minute customized couples massage, 50-minute seasonal organic facial, \$25 spa menu lunch voucher at Fresh Salt and a comfy-cozy Sanno robe for each of you to take home, it also includes full use of the fitness club, saltwater indoor and outdoor pools, sauna, steam room and whirlpool in order for you to make the most out of your day away. Can't face leaving? Overnight packages at the luxe coastal inn are, of course, always available. A new Baby Moon Package (available through December and starting at \$479) is all about relaxing before your bundle of joy arrives (and sleep goes out the window). The overnight package includes a bottle of sparkling non-alcoholic wine in your room, a \$125-per-person spa credit (yes, Sanno offers mind-, body- and spirit-nurturing pregnancy massage) and a full breakfast in Fresh Salt.

### OH, THE POSSIBILITIES

Hot tickets at Mohegan Sun Arena (888-226-7711 or mohegansun.com) this month include a Saturday Night Fever Show: Disco Ball on Oct. 8, Paul Anka on Oct. 21 and Jim Jefferies on Oct. 27. Special "Date Night" tickets for Comix Comedy Club (valid for 8 p.m. shows on Wednesdays, Thursdays and Sundays) include VIP reserved seating and a \$15 food-and-beverage credit — comedy hypnotist Jim Spinnato on Oct. 1, Jessica Kirson on Oct. 5, Donnell Rawlings on Oct. 12, Ryan Hamilton on Oct. 19 and Lenny Clarke on Oct. 26 are all viable options.

Dinner? Perhaps Ballo Italian Restaurant on a Sunday for half off any bottle of wine or champagne over \$100 per bottle, Bar American for its special Sunday-Thursday, three-course prix fixe menu for \$38 and sommelier wine pairings for \$24, Michael Jordan's Steak House or Todd English's Tuscany. Drinks? Consider the new Bean and Vine Café & Wine Bar, where you can cozy up by the terrace fire pits; ultra-hip Duo Blackjack Lounge, where you can slip into plush double benches and sip hand-crafted premium cocktails made tableside; VISTA Lounge at Wombi Rock, where you can share a toast beneath the world's largest planetarium dome, or Mohegan Sun's sixth annual Sun BrewFest on Oct. 7, at which you can sample your favorite craft beers.



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# |community|

BY MICHAEL LEE MURPHY



## Abilis Has Big Plans for Future

Members of Abilis rallied outside Greenwich Town Hall this summer to oppose funding cuts. CHRIS PALERMO

**THE ORGANIZATION:** Abilis

**THE STORY:** Just about everyone who follows state politics knows the state budget goes through almost perennial crisis. This past summer was a particularly egregious example of gridlock, as a budget that was supposed to have been done by June dragged into September. It was a tense and uncertain time for many nonprofits in the state that provide services to vulnerable populations, as the fate of funding hung in the air. As a result, some nonprofits that rely on state funding are looking to shift their models away from dependency on the state, toward more privately funded structures.

One such organization is Abilis, which works with the developmentally disabled of lower Fairfield County. For the past two years it has been operated by Dennis Perry. "These organizations are businesses, and at some level, they benefit from business acumen with people who also have the sensitivity to the population being served," says the CEO, whose résumé comes loaded with both the acumen and sensitivity he describes.

For decades Perry was an executive with high-end luxury watchmaker Bulova, for whom he was based out of Hong Kong, where he raised his three children. One of his adult sons lives with a developmental disability, so Perry has long been conscious of the particular care and attention needed for people like his son. The business acumen incorporates an understanding of the wizardry of the balance sheet, and the instincts for diversifying revenue and maximizing efficiencies. "We are a not-for-profit, but we don't set out to lose money," he says. "The question is, how can you maintain the viability of your service offerings in an economically sensible manner ... and at the same time motivate the staff who deliver the services?"

Perry has outlined a three-pronged approach to achieve that goal, as well as prepare for a future in which the organization is less reliant on the state. He has to, he says, generate revenue faster than the state can cut it. First, he wants to "maximize state reimbursement dollars" through a tactic familiar to those in private industry: expansion and acquisition. The organization has broadened its geographic territory for its life skills transitions

program from the Greenwich area to include a new facility in Westport. In September, Abilis opened a third facility in Stamford, and later in the fall will open a fourth location in Wilton.

Second, Abilis will increase its revenue by offering services that clients and their families will pay for privately. The third part of the strategy involves ramping up philanthropic efforts in order to tap into the famously active charity scene of the Gold Coast. On Oct. 15 at Greenwich Point Park in Old Greenwich, Abilis will host a one-mile walk and 5k run, where participants generate sponsorships from friends and family.

More than any other state department, the Department of Developmental Services relies on contracting out to private organizations to deliver services to those Connecticut residents who need them. Abilis provides a number of services for adults with developmental disabilities who age out of state services in the schooling system after they reach 21. At Abilis, clients have access to day programs, job training, and even residential services across 32 facilities.

Over the summer, budget proposals included a \$7.6 million cut to funding for day programs covering services for some 335 people, according to Perry. During one of six mandated furlough days for those receiving DDS funding in July, Abilis hosted a protest and a rally in front of the Greenwich Town Hall. "As a concerned citizen who believes that the budget for the state should not be balanced on the backs of the disabled, I think it's wrong to deny them services," Perry says.

A visit to the Greenwich headquarters reveals an office buzzing with activity. Landscaping crews come and go, coffee is made and sold, plants are harvested in a greenhouse, candles and boutique items are sold in a gift shop — all staffed by those Abilis serves. While budget cuts and austerity policies create uncertainty for those across the state who provide social services, Abilis stands prepared to confront a new reality.

To donate or to register for the Oct. 15 run, go to [abilis.us](http://abilis.us).

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to [mmurphy@connecticutmag.com](mailto:mmurphy@connecticutmag.com).



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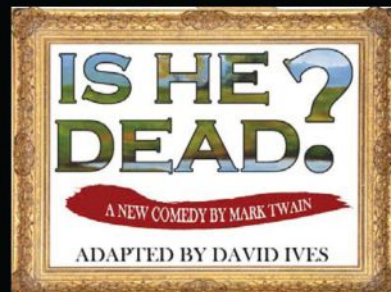
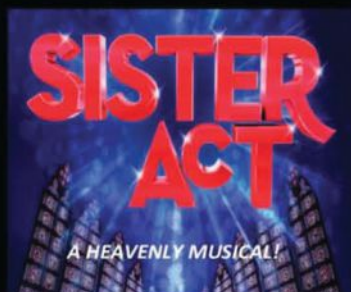
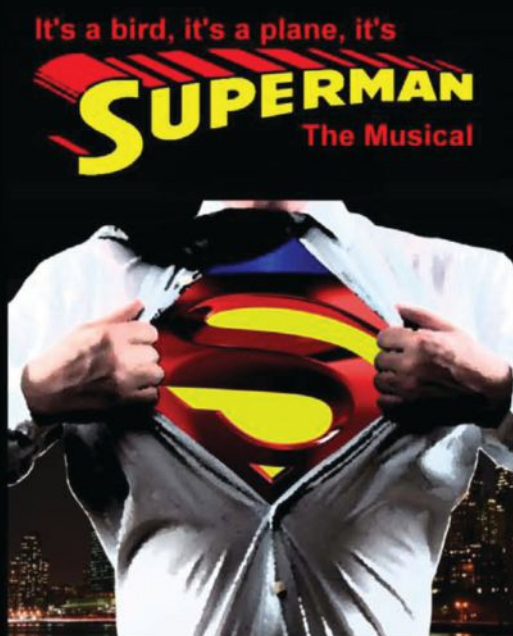
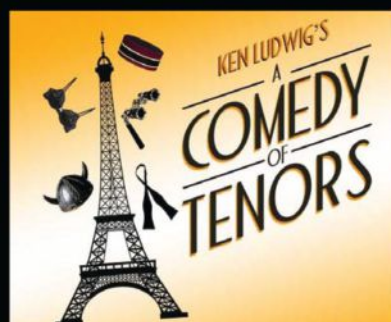
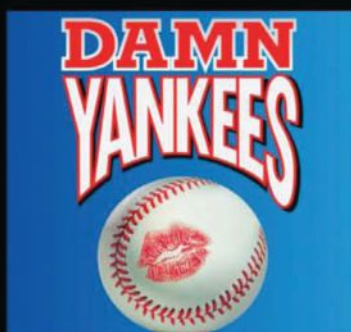
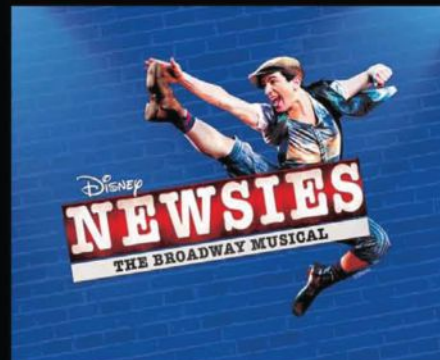
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# this month

BY MICHAEL LEE-MURPHY OCTOBER 2017

THE SHORT LIST | HARRY BELAFONTE | WALL STREET THEATER OPENS  
WALLACE STEVENS WALK | GREAT PLAYS | ARTIST-IN-RESIDENCE PROGRAMS

## HAUNTED HISTORY

Because New England is one of the older parts of the nation, we have plenty of ghosts around here. Our Revolutionary War heroes have some stories to tell, and maybe, just maybe, they are still trying to talk to us. The **Nathan Hale Homestead** in Coventry has things that go bump in the night all month long. On Oct. 6, 7, 13 and 14, there will be spooky twilight tours of the historic home. A medium will conduct a séance on the property, which will also host a haunted corn maze. The moderately scary activity is not recommended for children under 8. Later in the month, more candlelit tours, along with plenty of ghost stories, are scheduled for Oct. 20, 21, 27 and 28.

## HAUNTED HALE

OCTOBER | **NATHAN HALE HOMESTEAD, COVENTRY**

[ctlandmarks.org/hale-events](http://ctlandmarks.org/hale-events)



## | this month | the short list



### TAKE ME DOWN

There aren't many bands with a more devoted following than **Guns N' Roses**. On Oct. 23 they bring their *Not in This Lifetime...* tour to the XL Center in Hartford, where you can be sure the live show will include plenty of theatrics and the kind of frenzied crowd atmosphere that a legendary stadium rock band creates. The show starts at 7:30 p.m. [xlcenter.com](http://xlcenter.com)

### THE GODMOTHER OF SOUL

If you like Mary J. Blige and Alicia Keys, but you don't know **Patti LaBelle**, it's about time to get up to speed. This titan of R&B, soul and disco comes to Foxwoods Resort Casino on Oct. 21 at 8 p.m. You can hear all the old hits, and watch this consummate performer command the stage with a presence that few have. Tickets are \$35-\$50. [foxwoods.com](http://foxwoods.com)

### PAINT THE TOWN

A town-wide arts festival is a special thing. Rather than using a single stage or performance space, the **Guilford Performing Arts Festival** from Oct. 12-15 uses the whole town as its venue. The Opera Theater of Connecticut, Eastern Connecticut Ballet, and the George Manstan Big Band are all featured in this four-day festival. Most events are free. Check the website for schedule and locations. [guilfordperformingartsfest.org](http://guilfordperformingartsfest.org)

### IT'S SHOWTIME

The work of some of the best emerging and established playwrights around will be on display Oct. 13-14 in the sixth installment of the **International Playwrights Festival** at the Warner Theatre's Nancy Marine Studio Theatre in Torrington. More than 200 plays were submitted; 10 will be performed over this two-day event. Tickets are \$18. [warnertheatre.org](http://warnertheatre.org)

### ► LOW-ENERGY COMEDY

It's been said recently that politics is killing irony. If true, we'd better turn to **Steven Wright** and his brand of desert-dry sarcastic stand-up, in which he delivers his jokes with a stilted and distinctive manner. The real magic lies in the near silence of his deliveries and belies a fierce intellect and talent. He'll make you laugh at the Ridgefield Playhouse on Oct. 6 at 8 p.m. [ridgefieldplayhouse.org](http://ridgefieldplayhouse.org)



See October 2017 calendar listings  
at [connecticutmag.com/calendar](http://connecticutmag.com/calendar)



**Harry Belafonte** is a living legend. As a close associate of Martin Luther King Jr., Belafonte played an instrumental role in many of the crucial moments of the civil rights movement. On Oct. 18, he will speak at the Shubert Theatre in New Haven for the 50th anniversary fundraiser of Christian Community Action, a New Haven-based anti-poverty organization.

**This is an exhausting time politically. How do you keep your energy up at age 90?**

I am somewhat mindful of the fact that I've spent the last 70 years of my life working on social reform. Lecturing and touring, and doing a lot of work artistically in songs and music and dealing with my colleagues, only to find that now, instead of being rewarded for 70 years of a commitment toward social change, we are sitting here at the gateway of disaster with this administration. There's still just a lot of work to be done. Until we can galvanize a group of people who are willing to talk truth to power, and to talk on issues, and to help make everything that we aspired to during the last century a fact of our lives, it's very hard for me to sit and watch all of this go by.

**We are speaking two days after a gathering of the far right in Charlottesville, Virginia, left one counter-protester dead, and many injured. Did the events of the weekend shock you?**

They don't shock me as much as they puzzle me. They puzzle me because this nation has been through a lot, especially during the 20th century when civilization began to move along paths that were fairly new to the global family. Up until the mid-20th century, most of the countries that are independent — and had to become sovereign nations — didn't exist. There are different modes of expression that are new to us, and I think instead of this country being able to boast of a leader who encapsulates all that is good in the previous years, we have a leader that is telling us that our lives and our commitments of the past were for naught. That should be made unacceptable.

**Of the current wave of social struggle, what do you see as similar to the era of the civil rights movement? And what do you see as different?**

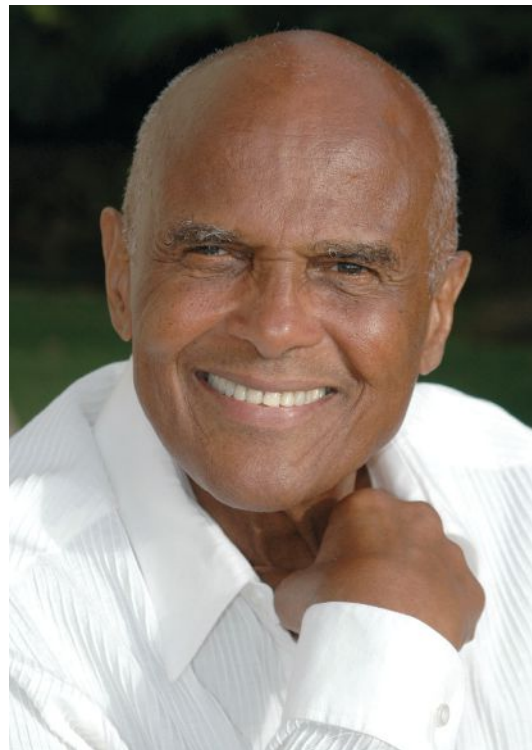
One of the things that I'm mindful of is the extent to which the clergy has stepped into the fray and taken command and a sense of responsibility to speak out against what's going on. A lot of ministers showed up in Virginia. I was delighted because for a long time I've been fed up with the church. It was very, very negative. It didn't speak from the pulpit. It didn't speak for the things that were in the best interests of humankind. The fact that the clergy stepped in so early [in Charlottesville] was an indication that there's a willingness among silent communities to become heard again. I thought that was a positive response. However, we don't have a lot of the things we had before. We don't have a strong labor movement in this country. Decades ago, we had an active labor movement in this country. Workers and organized labor took on a lot of responsibility when it came to social process. Well, that constituency seems to be mute. It doesn't exist. I'm just surprised that there aren't more youthful and new voices being heard loudly and clearly. I think they're there; they just aren't being heard.

**Something we are losing living memory of is the Hollywood blacklist during the McCarthyism era. You were blacklisted. Do you think a blacklist could happen again?**

Yes. I think with voices like Donald Trump being heard in such reckless ways, anything is possible. I don't think the mood being reflected at the moment, with all the violence that's going on and the neo-fascist movement that's rising again, would have happened had Donald Trump not provoked the belief by many citizens that racism has a place in the culture of this nation. It's fascinating. The threat to democracy is no longer some totalitarian state in some faraway place smothering its citizens. America sits at the threshold of the new decline, whereas we were the hope for the future, we're now the management of our own destruction. That's not what this whole journey, from my perspective, was about. It's not what the Kennedys were about, not what Eisenhower was about, it's not what Dr. King was about, it's not what the youth movement was about. It's frustrating. I had occasion to say the other day, in this battle on issues of race, I don't know that there's much more that can be expected of the black citizens of America. We've been at the forefront of these changes for so long.

**What is the best way to resist the neo-fascist turn?**

We have to understand that we are not presented with a canvas of leadership that speaks to the best in the human heart, and we live in a nuclear time. Trump cannot be treated casually, if for nothing more than the fact he has his hand on the button of crisis. | **MICHAEL LEE-MURPHY** |



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From top: Belafonte today; with Sidney Poitier, left, and Charlton Heston at the 1963 March on Washington; Belafonte speaking at the march.



# Staging a Comeback

NORWALK'S NEWLY REOPENED WALL STREET THEATER OFFERS DIVERSE ENTERTAINMENT

BY MICHAEL LEE-MURPHY

Each time a cultural institution closes, a little piece of a city dies. Whether to see a touring star come to your own small corner of the world, or to watch a local act come together and grow confident and feel like you are some small part of their success, a local venue can be a vitally important part of a city.

It is thus cause to celebrate the opening of the Wall Street Theater in Norwalk this past year. With a few shows in the spring that amounted to a soft opening, the Wall Street Theater has put together an interesting lineup of fall shows that showcases the kind of venue Wall Street hopes to become. From reggae to Broadway stars, a Jerry Garcia tribute band to a



Mandy Gonzalez performs during the Wall Street Theater's gala opening performance in May. ALEX VON KLEYDORFF

fitness dance party, the theater hopes to attract people from across interests and musical tastes.

Billy Blanks Jr., the theater's artistic director and impresario, wants Wall Street to become one of the most versatile performance spaces in Connecticut, able to host just about anyone, from any style of performing arts. Since opening in the spring, it's hosted Macy Gray, country band

Lonestar, and an all-star Broadway night.

The theater has the highest "fly" system in Connecticut, Blanks says. The fly is the vertical space above the stage, in which theatrical sets can be dropped down one after the other, like layers. It means the venue can put on high-end theater productions. Wall Street also has some 10 cameras installed, meaning it can do high-quality live streams of its shows and even

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broadcast on television.

"We kind of want to have different seasons," says Blanks, the son of Tae Bo guru Billy Blanks. "So one of the goals I had with it was, 'OK, let's have a Broadway season for the people who love Broadway. Totally different audience than the people who came here to see Macy Gray. It's so crazy because the people who came here for Macy Gray are a different audience than The Garcia Project.'"

The front foyer evokes a grand old age. A chandelier, salvaged from the original theater, hangs overhead. To the left and the right are bars made out of beautiful stained wood. The setting would not look out of place in a vintage photograph from when the space was a vaudeville house back in the early 1900s. One can envision a smartly dressed crowd, hats and cocktails for an important night out.

The new Wall Street Theater is, in fact, the most recent of several incarnations of the space. Opened in 1914 as The Regent, a rotating cast of owners saw the theater close and reopen five times over the 20th and early-21st centuries. The Wall Street Theater is the sixth name. While new, having only opened in May of this year, the space is wrapped up in tremendous history. The list of performers who have played here is staggering: Elvis, the Cranberries and the

Wu-Tang Clan have all hit this stage.

Blanks is hoping to recapture some of that magic using his showbiz connections. He has danced in music videos and been in the Broadway world for years.

It has been a process, though, to convince new promoters about the space. "When we started, it was a little difficult because what happens is people don't know the theater. It's been gone for 20 years. If it's old promoters, 'Oh yeah, that was The Globe and The Regent.' They know that. But if they're new? No clue," he says.

Hamilton's Mandy Gonzalez is performing some of her Broadway favorites on Oct. 2, the Jerry Garcia tribute band The Garcia Project jams Oct. 12, Blanks leads a dance fitness party Oct. 13, *America's Got*



The theater has gone by many names through the decades.

*Talent* Season 8 finalist Catapult performs shadow dancing Oct. 18, and reggae journeyman Mystic Bowie plays Oct. 20. Check the theater's website for more upcoming shows. [wallsttheater.com](http://wallsttheater.com)

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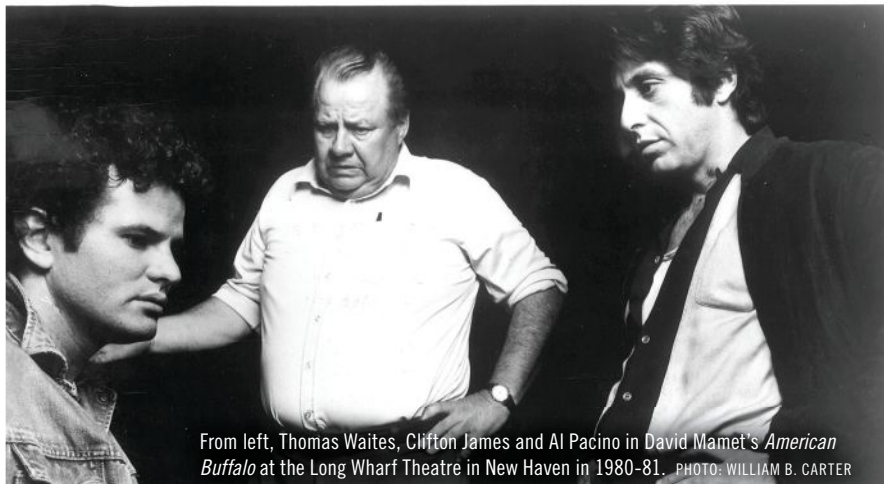
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CONNECTICUT MAGAZINE



# Critic's Choice

A THEATER WRITER'S LOOK BACK AT THE 10 MOST MEMORABLE CONNECTICUT PLAYS

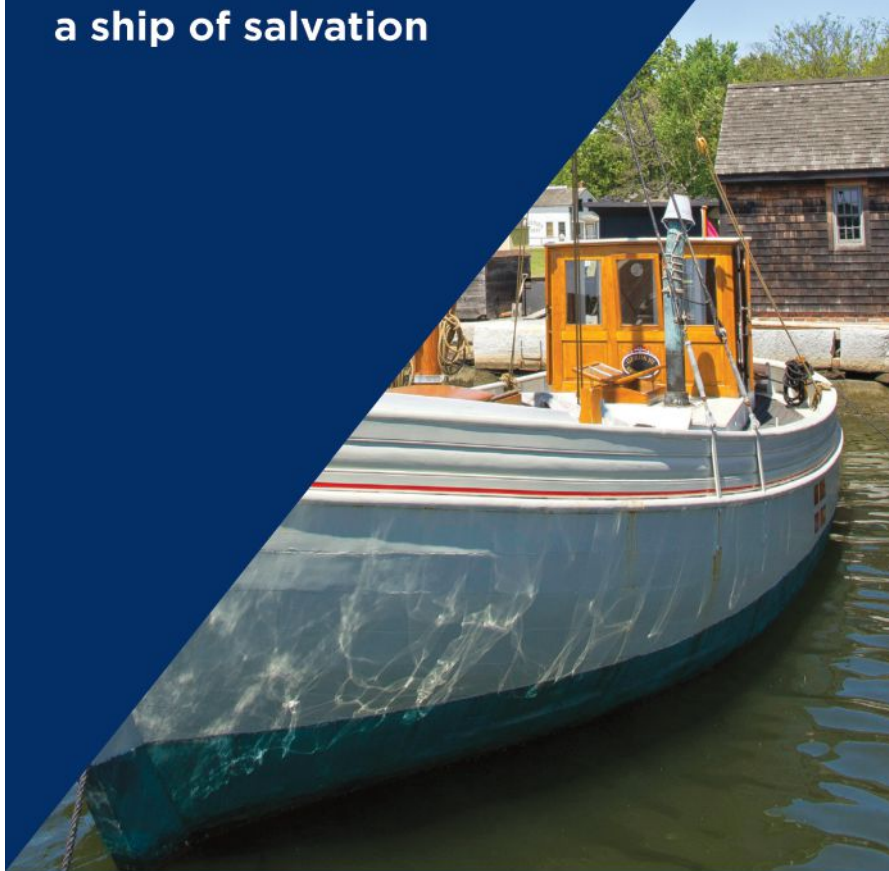
BY FRANK RIZZO



From left, Thomas Waites, Clifton James and Al Pacino in David Mamet's *American Buffalo* at the Long Wharf Theatre in New Haven in 1980-81. PHOTO: WILLIAM B. CARTER

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This year marks 40 years since I began writing about Connecticut theater. I've often been asked to name the best shows I've seen here and have always fumbled in answering. So I finally sat down, waded through my programs and memories and came up with these 10.

What determined a show's inclusion? It could be a thrilling new theater voice, a production of perfection, or a wondrous show that captured the zeitgeist.

But before I get to the list...

- There were legendary shows that I just missed by arriving a year or so too late: *Streamers*, *The Changing Room*, *The Shadow Box*, *The Gin Game*, all at Long Wharf Theatre. And, of course, I just missed the Meryl Streep years at Yale, including the Rep's legendary *A Midsummer Night's Dream*. (I did catch it when Robert Brustein later revived it and it was still enchanting.)

- Though I began covering theater in 1977, I made several trips to the state as a kid from my Massachusetts home, mostly to Stratford's American Shakespeare Theatre. If I were to go beyond that 40-year limit, I would include *Cat on a Hot Tin Roof* starring a sizzling Elizabeth Ashley and *King Lear* starring Morris Carnovsky.

- There were a number of plays that sent me to theater heaven, but they originated elsewhere, or were touring shows, so not really homegrown. So I might have included Theatre de la Jeune Lune's *Children of Paradise: Shooting a Dream* at Yale Rep, *Marvin's Room* at Hartford Stage, and from New Haven's International Festival of Arts & Ideas, *Copenhagen* and *Macbeth*, the latter starring Antony Sher and Harriet Walter and the best production of that play I've ever seen.

- I didn't see *everything*, and others would later rave about shows I missed such as Long Wharf Theatre's production of *The Normal Heart*, or *Requiem for a Heavyweight* or Hartford TheaterWorks' *The Swan*, among so many others.

- The list is about plays. I'll save my favorite musicals for another time.



So the following is my top 10 in the order I saw them:

## Sganerelle

*Yale Repertory Theatre, 1978*

What a theatrical welcome to New Haven. Mark Linn-Baker was still a student as he dazzled with comic brilliance in this side-splitting and stripped-down staging by Andrei Serban for this quartet of Moliere one-acts that was a wondrous cuckoo clock of precision, invention and hilarity.

## American Buffalo

*Long Wharf Theatre, 1980*

Al Pacino tackles David Mamet and the result was incendiary. (I also loved Al's bravura take on Eugene O'Neill's *Hughie* in 1996, and Brian Dennehy, too, when he did it in 2008 at the theater.) But to choose a definitive Pacino stage performance — not to mention Mamet play — this would be it.

## "Master Harold" ...and the Boys

*Yale Repertory Theatre, 1982*

Athol Fugard's works never fail to move me, but which of the many works that played either at Long Wharf Theatre or Yale Repertory Theatre should I choose? Tough call but I'd have to go with this Yale Rep production that starred Danny Glover, Zakes Mokae and Željko Ivanek. I'll never forget the climactic scene when Ivanek's character performs an act that is so shocking that it left me stunned and heartbroken.

## Ma Rainey's Black Bottom

*Yale Repertory Theatre, 1984*

Many would argue this is not the greatest of August Wilson's pieces from his historic 10-play cycle. I would not disagree, but there's nothing more thrilling than meeting a theatrical voice for the first time. It also introduced me to Charles S. Dutton, a year out of school, whose performance was a fierce and unforgettable thing to witness, too.

## Our Country's Good

*Hartford Stage, 1990*

Mark Lamos directed Timberlake Wertenbaker's play, which later went to Broadway, about the first play produced in Australia in its earliest days as a penal colony by hungry and mostly illiterate criminals, outcasts and misfits banished from England. Rarely has a work so movingly showed the transformative, liberating power of art. And the show introduced me to Cherry Jones.

## Wit

*Long Wharf Theatre, 1997*

Margaret Edson only wrote one play, but

it was a thing of beauty (and it won her a Pulitzer Prize). *Wit* centers on a professor of 17th-century poet John Donne who is dying an agonizing death in a teaching hospital. An indelible performance by Kathleen Chalfant made it pure poetry.

## Our Town

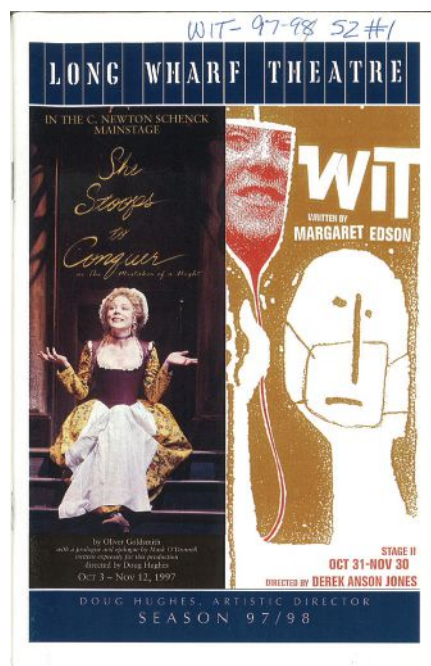
*Westport Country Playhouse, 2002*

Sometimes great productions transcend the quality of what's on stage. When this revival premiered it was not great — but the moment in time somehow made it a show for the ages: It was Paul Newman's return to the stage. (His performance became stronger as the run moved into Broadway). But following 9/11, it was the right show at the right time to remind us of our sense of community, humanity and eternal journeys.

## The Orphans' Home Cycle

*Hartford Stage, 2009*

Sometimes it's all about the journey. With this nine-hour, triple trilogy, it was one hell of a trip to a little slice of Horton Foote's Texas, made all the more poignant by the playwright's passing in Hartford, which became one of his artistic homes late in life. Michael Wilson's intimate and epic production followed the fortunes of Horace Robedaux, whose character was inspired by Foote's father, from Texas, at the turn of the 20th century.



## Water by the Spoonful

*Hartford Stage, 2011*

A new play without a hook or a star, whose run happened in the middle of a devastating hurricane, nevertheless made a stunning impression. Quiara Alegría Hudes' play about the disconnected seeking



*Our Town* at the Westport Country Playhouse in 2002. From left, Maggie Lacey, Paul Newman and Ben Fox. PHOTO: LARRY MERZ

a safe haven in the fast-evolving internet age showed that compassion still counts in cyberspace. Few people saw it. Then it won the Pulitzer Prize.

## Indecent

*Yale Repertory Theatre, 2015*

Paula Vogel and director Rebecca Taichman showed in purely theatrical terms — using dance, words, music, design and staging — how a work of theater can enthrall, provoke and inspire, even in the darkest of times, even in the rain. The show would later go on to other theaters and Broadway, where it was nominated for a Tony Award, and filmed to be shown later this year.

## JUST MISSED THE CUT

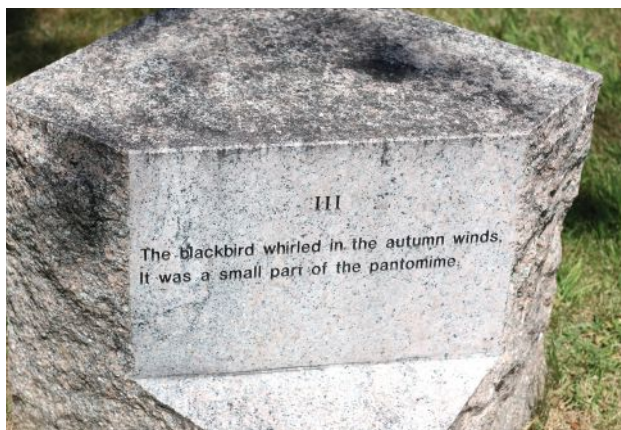
American Shakespeare Theater's *Othello*, with James Earl Jones and Christopher Plummer in 1981; Long Wharf's *A Day in the Death of Joe Egg* in 1981 with Richard Dreyfuss and Stockard Channing; TheaterWorks' *Three Tall Women* in 1999; any of Christopher Bayes commedia dell'arte plays at the Rep; the almost-but-not-quite-a-musical *These Paper Bullets* at the Rep in 2014; any of the Richard Thomas-Mark Lamos collaborations at Hartford Stage; two-thirds of *Who's Afraid of Virginia Woolf?* with Mike Nichols and Elaine May at Long Wharf Theatre in 1980; Simon Gray's *Quartermaine's Terms* in 1982 and *The Common Pursuit*, (which featured a very young but clearly starbound Nathan Lane) in 1985 at Long Wharf; and *The Brothers Size* at the Yale Summer Cabaret.

And then there were the musicals. Ah, that's for another time.

What were *your* favorite play productions in Connecticut over the decades? ■



# The Wallace Stevens Monument is the Streets He Walked



The third stone on the Wallace Stevens walk; Stevens at Columbia University after receiving Doctor of Laws (LLD) in 1952. MICHAEL LEE-MURPHY / WIKIMEDIA



BY MICHAEL LEE-MURPHY

Every day for several decades, an insurance worker walked the 2.4 miles between his home on Westerly Terrace in Hartford's West End and the Hartford Accident and Indemnity Co. on Asylum Avenue. Pouring out of his mind, shaped by the rhythms of his footsteps, were poems that would change the course of American poetry.

The poet is Wallace Stevens, and hidden in plain sight on Hartford's Asylum Avenue is a monument to one of

Connecticut's literary giants.

More accurately, the Wallace Stevens walk is a series of monuments that invites visitors to walk Stevens' route, and see at least some of what the poet saw as he wrote poems that are now studied across the globe.

Stevens' poetry is a mystery. "It's so strange and challenging. In that sense, you don't get tired," says Glen MacLeod, a professor of poetry at UConn's Waterbury campus and the editor of *Wallace Stevens in Context*, published this year by

Cambridge University Press.

The walk, which begins at the Hartford building and ends at Stevens' former home on Westerly Terrace, is punctuated by the rhythm of 13 different stones. Arrayed in 2009, each stone is carved from local granite, and engraved with a stanza from one of Stevens' most well-known poems, *Thirteen Ways of Looking at a Blackbird*.

Stevens' poetic project is characterized by a keen observation of the beauty unfolding in the ordinary.

We might dismiss the roar of cars and the occasional buzzsaw whine of a pack of dirt bikes as being uncondusive to the act of appreciating beauty. This would be a misunderstanding, armed with the poetry of Stevens, for there are blackbirds in the engines of the motorbikes.

In front of a fence demarcating the grounds of St. Francis Hospital, a stone reads:

*I do not know which to prefer,  
The beauty of inflections  
Or the beauty of innuendoes,  
The blackbird whistling  
Or just after.*

Stevens occasionally uses language that offers little clue as to *meaning*, but simply attests to beauty. And that is the point. "He said whatever you find there, is there," MacLeod says.

An example of this trick Stevens plays on us is etched into a stone just past the northwestern corner of Asylum Avenue and Woodland Street.

*O thin men of Haddam,  
Why do you imagine golden birds?  
Do you not see how the blackbird  
Walks around the feet  
Of the women about you?*

The mentioning of Haddam places the reader in a bounded, specific physical space, but the poem has nothing to do with Haddam. The poem is about the way Haddam rolls off the tongue, about one of the ways a blackbird might look.

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Walking west along Asylum Avenue, one crosses over from one Hartford to another at the threshold of Woodland Street. Earlier in the walk, there is a stone — not associated with the Wallace Stevens walk but easily mistaken for one at first glance — engraved with a mournful testament to a city whose beauty is overlooked or not allowed to shine: “These trees were planted April 25, 2014 in memory of the lives tragically lost as a result of gun violence in our city.”

The next stone bears the words of Stevens:

*I was of three minds,  
Like a tree  
In which there are three blackbirds.*

Crossing Woodland Street, the streetscape becomes instantly leafier and greener as the walker nears Stevens’ house. A stone on Terry Road is aptly placed.

*At the sight of blackbirds  
Flying in a green light,  
Even the bawds of euphony  
Would cry out sharply.*

Stevens’ house on Westerly Terrace is privately owned, and is modest in comparison to the homes of Hartford’s other great writers, Harriet Beecher Stowe and Mark Twain. The testament to Stevens’ presence in the city is splayed out along the street, pieces of him sprinkled along the sidewalk. [stevenspoetry.org/stevenswalk.htm](http://stevenspoetry.org/stevenswalk.htm)



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# The Art of Expression

ARTIST-IN-RESIDENCE PROGRAMS DRAW CREATIVES FROM FAR AND WIDE

BY MICHAEL LEE-MURPHY

There is a tradition among writers and visual artists to get in the same physical space that great artists once occupied, to glean something from the atmosphere, to capture some distilled essence. There is a small tourism cottage industry of bars that Ernest Hemingway once drank in. Another tradition involves writers and artists embedding themselves in the beauty of nature. Connecticut has a number of residencies for those who express what the rest of us can't.

## JAMES MERRILL HOUSE

STONINGTON

In Stonington's delightful downtown, the James Merrill House has been welcoming writers to its residency program since shortly after the poet's death in 1995. Merrill, who spent his summers here, was named the state's poet laureate in 1986 for his "quintessentially Connecticut voice." The house, which is maintained by the Stonington Village Improvement District, offers one 4½-month residency from January to May, and "three or four shorter residencies of two to six weeks during the months between Labor Day and mid-January," according to the program's website. [jamesmerrillhouse.org/residency](http://jamesmerrillhouse.org/residency)

## WEIR FARM NATIONAL HISTORIC SITE

WILTON

The Weir Farm complex in Wilton was first built in the late 1880s by the noted family of Impressionist painters from whom the farm takes its name. Today the complex — sprawling across several buildings and woods in Wilton and Ridgefield — is managed by the National Park Service as a historic site, and has across the years brought dozens of visual artists to its live-in studio for month-long residencies. (Fancy your chances? Applications for 2018 close Nov. 1). [weirfarmartcenter.org/artistinresidence.html](http://weirfarmartcenter.org/artistinresidence.html)

## I-PARK FOUNDATION

EAST HADDAM

East Haddam, and this area of Connecticut along the lower Connecticut River, more generally, has become something of an artist's colony. Playhouses, art galleries and a wonderful congregation of the creatively minded populate this part of our state. Since 2001, the I-Park Foundation has sponsored the residencies of some 800 artists across the disciplines of "music composition/sound



The James Merrill House in Stonington.

art, the visual arts, architecture, moving image, creative writing and landscape/garden/ecological design," according to the program's website. The program's September 2017 residency recipients include a wide range of artists from Connecticut to California, and from Denmark to China. [i-park.org](http://i-park.org)

## CONNECTICUT AUDUBON SOCIETY

HAMPTON

The Connecticut Audubon Society maintains the beautiful house of Pulitzer Prize-winning writer and photographer Edwin Way Teale on a massive reserve in Hampton. Again, solitude is the key here for the program's one-week placements. According to the residency application, the program's purpose is to "continue the legacy of naturalist Edwin Way Teale, whose vivid writings and photography inspired and continue to inspire conservationists young and old." [ctaudubon.org](http://ctaudubon.org)

## THE LIGHTHOUSE WORKS

FISHERS ISLAND

The notion of solitude is built in to many artists- and writers-in-residency programs. Art — unconstrained by the clutter of the common — can reach its full form and unfold according to the artist's vision. Islands are, of course, one of the best ways humans can isolate themselves. What

better way to clear your head of the noise and mess of everyday life than to put a body of water between you and it? Every year, the Lighthouse Works fellowship on Fishers Island off our southeastern coast names 25 recipients to a six-week residency from late summer through the fall. (While technically in New York waters, Fishers Island is close enough to the Connecticut shoreline for the purposes of this survey.) [thelighthouseworks.com](http://thelighthouseworks.com)

## CONNECTICUT FOREST & PARK ASSOCIATION

STATEWIDE

The world of poetry has had a long connection to the natural world. You could almost say the art form grew out of humans' desire to understand and perceive the natural world via language. The Connecticut Forest & Park Association, which exists to maintain and protect the state's system of trails, names a poet-in-residence every year, someone who can capture the essence of Connecticut's trail system in the distilled purity of verse. Current poet-in-residence David Leff writes in the winter 2017 issue of the CFPA's magazine, "the poet in residence will probe the very idea of 'trailness,' that notion of connectivity so important in human affairs and of which a continuous footpath is the physical embodiment." [ctwoodlands.org](http://ctwoodlands.org) ■





# Getting Your Kicks at TheaterWorks

"Strong is beautiful," says **Emily Murphy**, who plays the team captain of a girls' soccer team in the play *The Wolves*, which is being presented at Hartford's TheaterWorks Oct. 5-Nov. 12.

In the **Sarah DeLappe** work, which was an off-Broadway hit earlier this year — not to mention a Pulitzer Prize finalist — the slice-of-life experiences of a suburban American high school girls' indoor soccer team are revealed scene-by-scene during their daily warmups.

As I wrote in my review for *Variety*: "DeLappe's brilliance is that she reveals her players as they gossip, taunt, comfort and conspire, not as archetypes — the smart one, the slutty one, the loner, the loudmouth, the nerd, the new kid — but as young women on the cusp of becoming their own self-defined characters, with the possibility to change, challenge and grow."

The Hartford show, directed by **Eric Ort**, calls for the ensemble cast to do some fancy footwork, too, as it portrays these young women as commanding physical characters.

"I think it's important to see these women using their bodies in constructive and team-building ways," Murphy says. "So often on stage you see women's bodies in competition with each other for a potential romantic partner. But here, it's a completely different way. It's an indication of the shift in body image for women now. It shows that there are different ways to have a strong, healthy body."

And her sporting skills?

"I just recently ordered a soccer ball on



Emily Murphy

Amazon," laughs Murphy, who says she hasn't played the sport since elementary school, though she adds she's very athletic and health conscious. (I talked to her just after her yoga class.) Of all the sports growing up — rugby, downhill skiing, cross country running — soccer was the one sport that just didn't click for her. "But I'm excited to get back into it and

see how my elementary school soccer skills hold up."

Never fear. For this production TheaterWorks will have **Lexi Menard**, the assistant women's soccer coach from Hartford's Trinity College, helping train the ensemble cast of young women. [theaterworkshartford.org](http://theaterworkshartford.org)

## ▶ THE ART OF GETTING CONNECTED

For *Exchange*, the latest community-based piece by New Haven's **A Broken Umbrella** theater company, the group didn't turn to particular local inventors and creatives as it has done for past shows about bicycles, girdles, matches, musicals and the Erector set.

The first telephone exchange, telephone book and subscription system started in New Haven in 1878, led by George Coy. "But it's not really about him," ensemble member **Aric Isaacs** says of the play. "He was a fairly unremarkable fellow, other than the fact that he hustled to get people to subscribe and to invest in his new invention." So the theater company instead decided to interview folks from all ages in diverse neighborhoods around the city about their experiences with the telephone and the telephone company.

*Exchange* is a play with music that features a half-dozen vignettes which will be held during City-Wide Open Studios weekends in October at the Goffe Street Armory, Erector Square and Westville.

"It's more about us as a community," he says, "and what the invention wrought and how we deal with communication, technology and each other today."

The troupe spent much of the year as an oral history project, which will be archived after the shows are over. "We also got a lot of people who were former Southern New England Telephone employees and what we found was that every single former SNET employee said the same thing: it was like a family and how integrated the company was to New Haven."

In 2014, Frontier Communications completed its purchase of SNET from AT&T for \$2 billion. It became a different company in more ways than one. [abrokenumbrella.org](http://abrokenumbrella.org)





## REGULATED SEDARIS

Is **David Sedaris** a bit on the compulsive side? Perhaps even OCDish? Well, the author and *New Yorker* humorist likes order, that's for sure. His annual book-lecture tour happens every spring and fall like clockwork. (He will be at Hartford's The Bushnell Oct. 14.) He admits that his cleaning schedule is well-ordered, no doubt a habit from his days earning dough cleaning houses when he was just starting out, which he talks about in his latest book, *Theft By Finding: Diaries 1977-2002*.

"When I got my first apartment I always cleaned my house at the exact same time every week because everything I do was on a schedule and if I didn't do it just like that the world would spin off its axis," he told me recently from his home in West Sussex, England.

That sense of regularity also is reflected in his daily walking routine — where he also picks up trash along the way.

"Yesterday it was raining here so I walked to the train station and back, which is 6 or 7 miles, but not my usual 20 miles. When I got home I thought, 'What if I took a bath at 5 o'clock in the afternoon — in one of the bathtubs I've never used? What if I laid on the sofa and read that screenplay that someone sent me to read. What if I actually did that instead?' But then it just became inconceivable to me. And I thought, 'No, I have to go back into the rain and walk another 13 miles.'" [bushnell.org](http://bushnell.org)

## ▶ SEXY IS...

How do you play sexy on stage?

That's what I asked **Chris Ghaffari**, who stars in *Sex With Strangers* at the Westport Country Playhouse. He plays a libidinous 20-something who has a more flexible view of sex than an older woman he encounters at a writer's retreat — or at least that's what the audience is led to believe.

"One way to do it is just take off all our clothes and run around stage," jokes the Greenwich native, referring to the last time he was on the Westport stage in the **Joe Orton** farce *What the Butler Saw*.

But this time there's a different approach to his character "who has a sense of sexual liberation and ease as part of his persona which is different from who he really is."

**Laura Eason's** play explores how identities — especially sexual ones — can be enhanced, expanded and invented online, where the mating rituals occur for a new generation, and the complications that follow those cyber creations.

"There's a kind of alienation that happens when stuff is digitized, or put on a blog or on Tinder or on a dating app," Ghaffari says. "You can do things



Chris Ghaffari

with this slightly different version of yourself that maybe you wouldn't be as comfortable with for your flesh-and-blood self."

What's interesting, he says, "is when that bad boy veneer is pierced." [westportplayhouse.org](http://westportplayhouse.org)

---

*Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at [FrRiz@aol.com](mailto:FrRiz@aol.com). Follow him on Twitter @ShowRiz.*



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# Here It Is: Your License to Snoop

Do you need information on what's happening across the street, at your favorite business or at the Capitol? Are you simply nosy? Either way, you're in luck; there's a treasure trove of details waiting for you online.

So what do you want to know? And whom do you want to know something about?

## How much does my big-talking, state-employee neighbor make?

If you work for the state, you've been outed. State comptroller Kevin Lembo late last year pushed the salary of every state employee, including overtime and retirement, onto the office's website.

Bored on a rainy Saturday afternoon? It's a toss-up between *Ozark* on Netflix and "Open Payroll" on the state comptroller's site.

You'll find the highest-paid state employee this year doesn't even work for the state. Bob Diaco, the fired University of Connecticut football coach, will receive \$3.4 million in pay this year. That could be the biggest win of his UConn career.

Now let's play "Who Makes More?"

Round 1: Assistant public defender Scott Jones or Gov. Dannel P. Malloy?

It's Jones (\$150,116 total), not Malloy (\$150,100). Who do you think should be making more?

**Go to:** [openpayroll.ct.gov](http://openpayroll.ct.gov)

## Who really owns that business?

Does Sal really own Sal's Pizza? Check the owner of record in the state's Commercial Recording Division's database, part of the secretary of the state's office. Search by name, business ID or business registration number. (Those of us who search by name will discover the business name doesn't always match the name filed with the state.)

**Go to:** [concord-sots.ct.gov](http://concord-sots.ct.gov)

## I am a data nerd. Help me!

OK, time to geek out at the Connecticut Open Data Portal, where you'll find everything from minute details on the state budget and state pensions to which pharmacies sell Narcan (naloxone), the life-saving, opioid-overdose treatment.

**Go to:** [data.ct.gov](http://data.ct.gov)

## Is this contractor, frozen-dessert retailer, embalmer or hypnotist legit?

Most professional services in the state require a license, permit, certification or



registration. Verify it at the Connecticut eLicense portal that catalogs more than 600 credential types issued and regulated by several state agencies.

Want to know why a doctor's name suddenly disappeared from a local practice? Check eLicense. (The CONNsumer recently tracked such a case and found the answer: license suspended, substance abuse.)

**Go to:** [elicense.ct.gov](http://elicense.ct.gov) (Click on "Lookup a License." You do not have to register.)

## Where else besides Powerball do 1.4 million people have a shot at collecting close to \$790 million from the state?

The Connecticut State Treasury Unclaimed Property Owners List, otherwise known as the CT Big LiSt. It's lost, or forgotten, money held in the name of all those people. Stamford (\$55 million), Hartford (\$45 million) and New Haven (\$34 million) have the most money being held by the state.

Ten owners have at least \$500,000 each awaiting them, totaling close to \$11 million.

To find out if you're eligible to collect part of the stash, look for your name or anyone who might be related to you, living

or dead. Then file a claim electronically.

You never know what you'll find. The CONNsumer, who hadn't visited the Big LiSt in more than two years, found his late father's name among the thousands of entries.

**Go to:** [ctbiglist.com](http://ctbiglist.com)

## I thrive on other people's misery: How do I find out about a co-worker's divorce?

Fortunately, the state does not record the sordid details. But it does track all motions, pleadings, documents and case status updates. Knock yourself out.

Bonus: This same site stores civil and housing cases: evictions, unemployment, collections, custody applications, malpractice and dozens of other case types.

**Go to:** [civilinquiry.jud.ct.gov/partysearch.aspx](http://civilinquiry.jud.ct.gov/partysearch.aspx) (Select "Dissolution of Marriage" in the case-type dropdown.)

## Was (insert name here) really arrested?

Find out if the rumors are true at the state's judicial branch. Search for warrants and convictions by a person's name or dig down into specific docket numbers.

**Go to:** [jud2.ct.gov/VOP](http://jud2.ct.gov/VOP)

## Republican, Democrat or Independent?

It's none of your business, unless you make it your business by searching the state's Voter Registration Lookup, where you can enter a person's name, town and birthdate to find a party affiliation.

Much more personal information can be found on a controversial site, [connvoters.com](http://connvoters.com). It's run by a former New Hampshire state representative, Tom Alciere, who purchased the state's voter rolls, more than 2.3 million records, several years ago for only \$300.

Connecticut data, obviously, is a game anyone can play. At least Alciere announces himself as the owner on the site.

If you want more information on ConnVoters, or any site, enter the website address into the search window at Whois ([whois.icann.org](http://whois.icann.org)) and you'll find a name and real-life address behind the website's operation. Alciere, it turns out, runs ConnVoters out of a technology park in Nashua, New Hampshire.

Databases, as we Connecticut taxpayers know, can be ruthless.

**Go to:** [www.dir.ct.gov/sots/lookup.aspx](http://www.dir.ct.gov/sots/lookup.aspx)

Send your consumer complaints, concerns and tips to [CONNsumer@connecticutmag.com](mailto:CONNsumer@connecticutmag.com).



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# Independent schools are expensive. Are they worth it?

BY DOUGLAS J. LYONS, ED.D.

EXECUTIVE DIRECTOR, CONNECTICUT ASSOCIATION OF INDEPENDENT SCHOOLS



When my twins graduated from college 13 years ago, I thought my tuition-paying days were over. Four grandchildren later, I am writing checks to schools again — without hesitation. My 47-year career in education, leading both public and independent schools, has convinced me that my educational “return on investment” will have far more power if spent in the early years. It is rare that a student discovers a love of learning *after* she has been admitted to Yale.

Independent schools are a subset of all private schools. The 93 members of the Connecticut Association of Independent Schools meet or exceed government health and safety regulations and pass a rigorous accreditation process while remaining independent of control by any government, church or for-profit investor group.

Independent schools are mission-driven, founded and sustained by people who believe in the values and standards of the community and who respect (actually, *revere*) the professionals who design and deliver the instructional program. This model has distinct, long-lasting advantages for students over the increasingly standardized, compliance-driven model that characterizes public education in the No Child Left Behind / Common Core era.

In answer to the question “What constitutes a quality education?” independent school leaders defer to educators. In public education, that question is answered by legislators.

The differences between public schools and independent schools have expanded dramatically in the time span since the arrival of the 21st century. The most defining change is found in how each model defines the concept of “smart.”

For most of American history, parents, educators and employers agreed on a definition of “smart.” Smart people knew stuff. They knew more stuff than less-smart people. In school, the smartest kid in the class had more correct answers than any of the other kids. The ultimate role model of “smart” was found in the high school valedictorian — the one student who had more information committed to memory than any of his/her classmates.

Scantron technology developed in the 1950s enabled schools to cheaply and efficiently measure this definition of smart. High scores on standardized tests (short-form, multiple-choice, paper-and-pencil assessments) defined success and became gatekeepers to opportunity.

The stunning contributions of school dropouts Bill Gates, Steve Jobs, Larry Ellison, Oprah Winfrey, Mark Zuckerberg and others might have given our nation reason to adjust its definition of smart — but these iconoclasts were viewed as outliers. A better description would be pioneers.

These pioneers displayed the skills of *New Smart*. While *Old Smart* reflects an accumulation of remembered knowledge, *New Smart* describes habits of the mind. While *Old Smart* is a quantity concept, *New Smart* is a mindset.

In an interview for the Wharton (UPenn) radio station, Professor Edward Hess explains: “When knowledge has a short shelf life and smart machines can remember and process more than us, what is *smart* going to mean? Instead of getting your ego wrapped up in how much you know, *New Smart* says “Define yourself by the quality of your thinking, listening, relating and collaborating with others.”

Technology has exponentially magnified the opportunities available to current-day, school-age creative thinkers. They are the *i-generation*

and they are accustomed to learning on their own and learning (even cool, sophisticated things) from peers. Natural collaborators, a large and growing percentage of this generation, consider a 20th-century, “correct answers” education to be deeply unsatisfying and unmotivating.

Employers are expanding their traditional recruitment strategies in order to attract more high achievers in *New Smart*. In a *Wall Street Journal* article titled “The Path From Harvard and Yale to Goldman Sachs Just Changed” (June 23, 2016) the author reports that the famous Wall Street bank has dropped interviews at elite schools in a bid to cast a wider net. That wider net is designed to identify students who demonstrate core values of the firm: “grit,” “judgment” and “problem-solving” — all components of *New Smart*.

Independent schools teach content and measure results. Many use standardized tests. *Old Smart* remains a valued component of a child’s education. But *New Smart* is broadly and widely cultivated on independent school campuses. It inspires interest, passion and meaning in the school experience — for *both* teachers and students. *New Smart* may be the single most compelling differentiator between independent and public schools in Connecticut.

I currently pay tuition for grandchildren who range in age from 3-9. It is possible that my invested funds for their education will not cover college tuition. That is a necessary risk. The skills of *New Smart* are learned in childhood and adolescence. Even our most esteemed universities will be unable to fully repair the loss of curiosity, perseverance and self-confidence that is a common consequence of a 20th-century education in an era that offers and requires much more.



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- Our Middle School brings learning to life through real-world, experiential learning projects that spark



"I'm going from the stellar basketball courts at Hamden Hall to playing at the DIII level at Connecticut College."  
- Daniel Draffan  
Class of 2017



"Being on stage at Hamden Hall enhanced my love for theatre, which I'll be studying at New York University."  
- Julia Marriott  
Class of 2017



"After starting a Junior State of America chapter at Hamden Hall, I'll be majoring in government at Georgetown University."  
- Jonas Lustbader  
Class of 2017



"I'll be studying physics or biology at Smith College after excelling at them at Hamden Hall."  
- Lauryn Aliwalas  
Class of 2017

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Thursday, Nov. 16 / 9-10:30 a.m.

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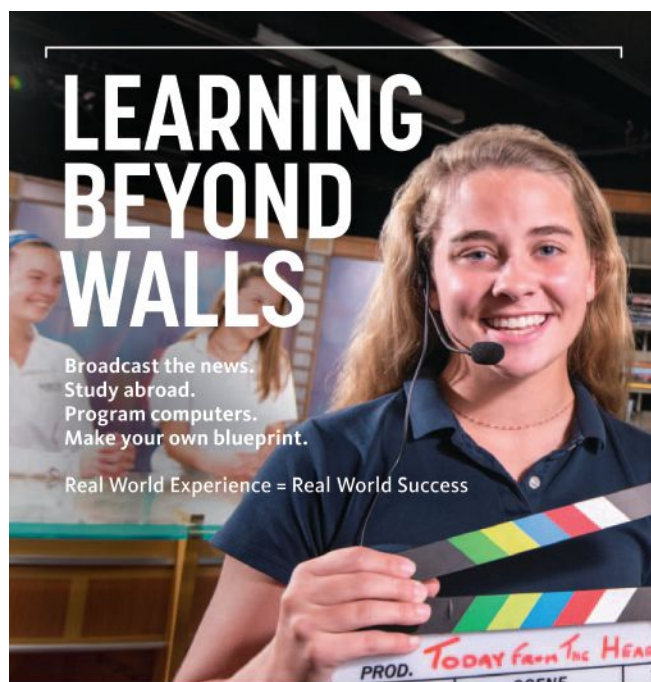
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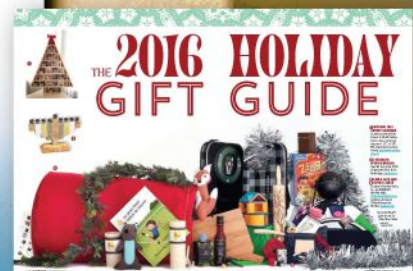


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# CONNECTICUT

M A G A Z I N E



# FALL'S

WITH A SPECTACULAR FOLIAGE  
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THE BEST LEAF-PEEPING SPOTS  
IN CONNECTICUT AND BEYOND

# FIREWORKS

by ERIK OFGANG, MICHAEL LEE-MURPHY,  
MIKE WOLLSCHLAGER and ALBIE YURAVICH

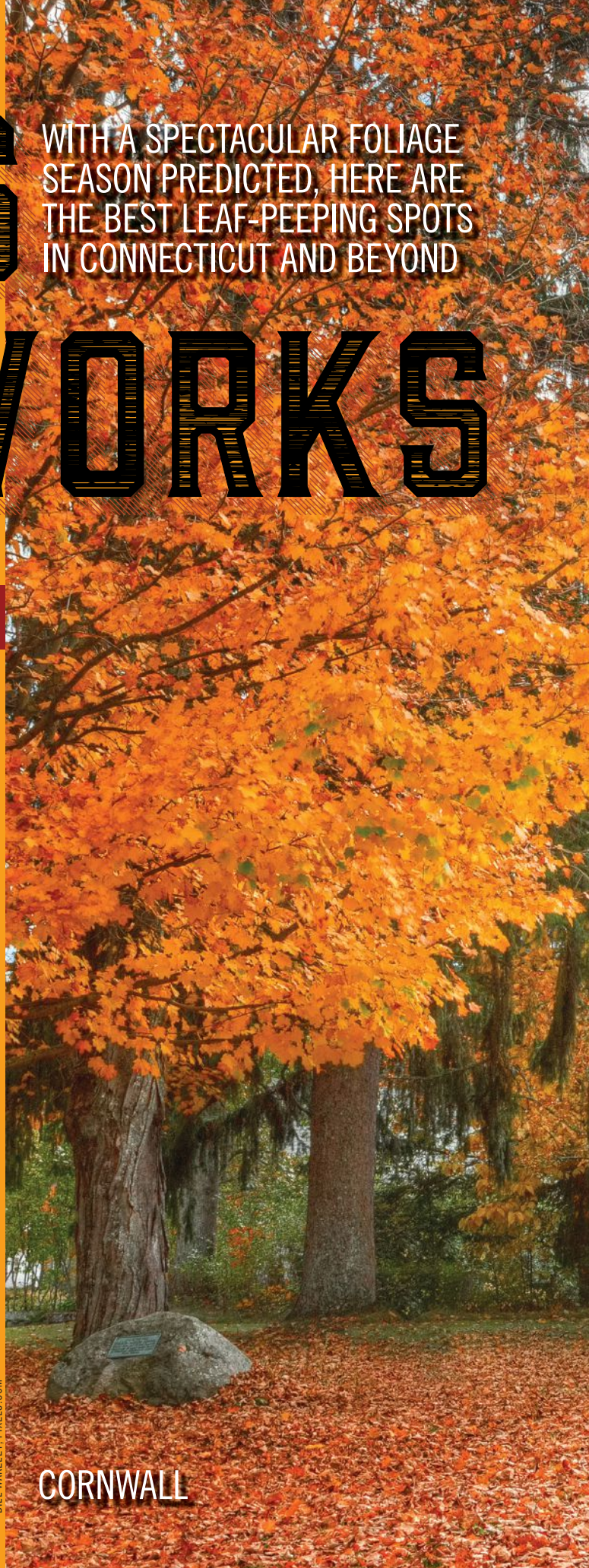
Fall is a beautiful time of year in Connecticut. This year, leaf colors are expected to be particularly vivid as experts predict a superb foliage season thanks to summer and spring rainfall and moderate temperatures. Early estimates predicted peak foliage arriving in the northeast and northwest corners of the state in early October, then extending down to the lower Connecticut River Valley and shoreline through early November.

In this feature we've highlighted our favorite towns to visit during peak foliage. Here you'll find scenic car routes, hiking trails, charming downtowns, lots of eating and drinking options, great lodging choices, and, of course, plenty of breathtaking views. As Connecticut's Office of Tourism reminds us, our state generally has the longest foliage season in New England, making it an ideal destination for leaf peepers.

But, as much as we love foliage in Connecticut, we're not blind to the beauty outside our state, so we've included a "Beyond the Border" section highlighting select foliage destinations in New York and New England. Read on and make your plans quickly, because foliage season is always fleeting, even in Connecticut.

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A wilderness retreat of stunning natural beauty, Kent is home to dozens of hiking trails ranging from moderate to extreme. Its small but walkable downtown, thronged by towering hills, is about as quintessential New England as it gets. After enjoying the beautiful drive in (no matter what direction you come from you'll pass scenic countryside), start your day with a hike at Kent Falls State Park, one of Connecticut's most famous cascading bodies of water. Visitors can also trek the portion of the Appalachian Trail that runs through the area, or embark on one of many hiking options at Macedonia Brook State Park, or at the Bull's Bridge hiking area, where travelers can cross a historic covered bridge before embarking on a walk alongside the Housatonic River.

Afterward, head downtown to the Panini Cafe for great sandwiches (the Philly cheesesteak is our favorite). In town you can stop by multiple bookstores (including "literary landmark" House of Books), art galleries and gift shops. Visit Kent Falls Brewing Co. to enjoy one of Connecticut's best breweries in a scenic farm setting (it's about a 15-minute drive from downtown Kent but worth the trip). Back in town, dinner options include the Kingsley Tavern and Fife 'n Drum Restaurant.

**WHERE TO STAY** Both the Inn at Kent Falls, where guests can sleep within easy striking distance of the famous waterfall, or the Fife 'n Drum Inn, in the heart of downtown Kent, are excellent options.

## NEW FAIRFIELD & DANBURY

Thanks to its blink-and-you'll-miss-it downtown of a few shopping centers, tiny New Fairfield often gets overlooked, and that's just the way residents of this hidden country gem like it. The town is home to Squantz Pond State Park, one of Connecticut's most beautiful parks, which

## AUTUMN POETRY

Such is the majesty of Connecticut and New England's autumn season that generations of writers and poets have put pen to paper to do their best to capture it. Fall, and its changing leaves, can be an emblem of many themes appealing to the poet: death, rebirth, the cycle of the seasons, the passage of time. Here and on the coming pages are just a few snippets of poets' treatments of fall in Connecticut.

*I kick at the leaves of maples,  
Reds of seventy different shades, yellow  
Like old paper; and poplar leaves, fragile and pale;  
And elm leaves, flags of a doomed race.*

— Donald Hall, from *Kicking the Leaves*



KENT FALLS STATE PARK

CONNECTICUT OFFICE OF TOURISM

BILL WAKELEY, PIXELS.COM



KENT  
MACEDONIA STATE PARK



**PEAK FOLIAGE SCHEDULE** If you want to see the deepest crimsons and golds, follow this regional schedule for Connecticut:  
Eastern and western mid-state counties: Oct. 17-25 + Shoreline and lower Connecticut River Valley: End of October or early November

has rolling fields that overlook Squantz Pond. The park is connected to Pootatuck State Forest, which has miles of trails, several linking to rocky overviews of Squantz Pond and Candlewood Lake.

After soaking up these natural sights, head to New Fairfield Food Center. The family-owned grocery store operates a deli and butcher shop that is legendary in the area. Try the New York Italian combo. Afterward, follow Route 37 to Danbury where you can enjoy more foliage sights at the showstopping Tarrywile Park, with its 722 acres of scenic trails, the historic Tarrywile Mansion and the ruins of Hearthstone Castle, which looks like something from *Game of Thrones* after a dragon attack. Danbury dining options include the breakfast-and-lunch hot spot Mothership on Main, pizza and craft beer bar Stanziato's and Portuguese comfort-food oasis The Atlantic.

**WHERE TO STAY** There are many overnight lodging options in Danbury. Two favorites are the new Hotel Zero Degrees (an impressive modern hotel with a sleek, country-lodge feel), and Ethan Allen Hotel, a lodging just as nice as you'd expect from a company dedicated to high-quality furnishings.

## SIMSBURY

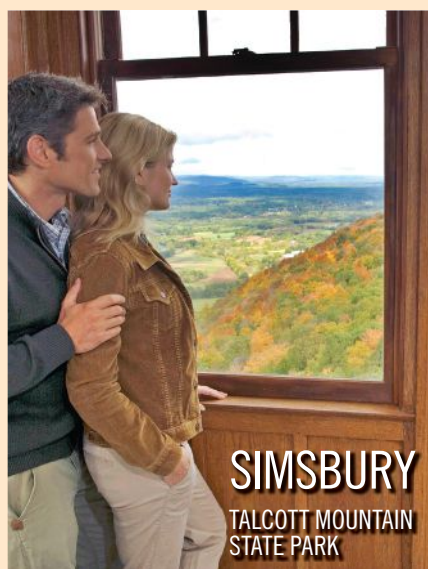
"You're almost there," a fellow walker assures us as we approach the top of Talcott Mountain on a recent visit. The 1¼-mile trail from the parking lot at the state park to the top includes several steep sections, and took us longer than anticipated, but it is more than worth the effort. The top of Talcott Mountain is home to Heublein Tower, a 165-foot high castle-like tower that dominates the ridgeline. Built in the early 1900s, the structure offers truly stunning views of the surrounding farmland framed by rolling hills. Much of the trek to the tower hugs the ridgeline of the mountain, affording equally spectacular views. Just be careful; these views are at the edge of legitimate cliffs.

Talcott Mountain is only one of many reasons Simsbury is a must-visit foliage destination. Settled in the 1670s, the beautiful town has historic houses, acres of working farms and is walker and bicycle friendly. Really friendly, that is. There's even a free bike-share program that allows visitors to borrow a bike



NEW FAIRFIELD  
SQUANTZ POND + CANDLEWOOD LAKE

CORRINE OFGANG



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for a jaunt on the Farmington Canal Heritage and Farmington River greenways (find out more at the website [simsbury.bike](http://simsbury.bike)). The town is also home to the Old Drake Hill Flower Bridge, a wonderfully decorated footbridge, and the Pinchot Sycamore, recognized as the biggest tree in Connecticut.

In terms of food and drink, grab coffee at Dom's in nearby Avon (Dom's is one of the spots featured in our roundup of best coffeehouses starting on page 78) and enjoy some of the best farm-to-table dining in the state at Millwright's Restaurant, which also offers guests waterfall views as they dine.

**WHERE TO STAY** The Simsbury Inn, The Simsbury 1820 House, and Green Acres Bed & Breakfast all offer overnight lodging with various strengths.



## EAST HADDAM & CHESTER

If there is a better way to enjoy foliage in New England than from the deck of the historic Chester-Hadlyme Ferry, we've never seen it. Looking up at Gillette Castle from the center of the Connecticut River is one of those distinctly Connecticut experiences. The ferry has carried passengers and their vehicles across the river since 1769. A "voyage" today lasts only a few minutes but provides plenty of photo opportunities. From the ferry, it's a short but steep walk to the castle itself. The interior of the castle is closed for the season (as of Labor Day), but visitors can still enjoy panoramic views of the river valley below. They can also hike along a number of trails.

After visiting the castle grounds, leaf peepers can take the ferry across the river to Chester or drive a short way to East Haddam; both are picturesque towns. In East Haddam, visitors will want to check out the Goodspeed Opera House, also on the banks of the Connecticut River. Those who have not gotten their fill of hiking can visit Devil's Hopyard State Park. Chester, across the river from the castle, is one of our favorite small Connecticut towns. Here you can stop by the famous River Tavern in Chester or L&E French and its sister restaurant Good Elephant Bistro, which specializes in French-Vietnamese fusion.

**WHERE TO STAY** The Riverwind Inn in nearby Deep River is a charming, classic New England bed and breakfast with easy access to the area's attractions.

## LITCHFIELD & NEW PRESTON

When it comes to foliage viewing, you can't go wrong anywhere in Litchfield County. The city of Litchfield and nearby New Preston are both prime examples of why this is true. Both have all the country charm of Vermont with far less driving necessary. The spectacular hiking options are many, with the 4,000-acre White Memorial preserve and Mount Tom State Park serving as prime leaf-viewing spots. Liquor lovers will also want to stop by Litchfield Distillery, one of the state's best spirits producers. Guests can enjoy high-quality cuisine in the pub setting of At the Corner or head to the fine-dining establishment Arethusa al tavolo.

New Preston is home to Lake Waramaug, one of the most scenic bodies of water in the state, especially during foliage season. A great spot to enjoy expansive views of the lake is Hopkins Vineyard, where the experience of sipping

wine and taking in beautiful scenery is reminiscent of something you might experience in Europe. If you are looking for more hiking, another gorgeous outdoor destination is the Steep Rock Preserve in Washington.

**WHERE TO STAY** Across the street from Hopkins Vineyard is the Hopkins Inn. Like the vineyard, it offers panoramic views of Lake Waramaug and is the perfect choice for overnights for those who have enjoyed a few bottles of wine. Another option is Winvian Farm, a luxury resort in Morris that borders the White Memorial Conservation Center and has some incredible cottages available for rent, including a treehouse.

IRENA PASTORELLO

CONNECTICUT OFFICE OF TOURISM



## NEW PRESTON LAKE WARAMAUG



BILL WAKELEY, PIXELS.COM





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## SALISBURY

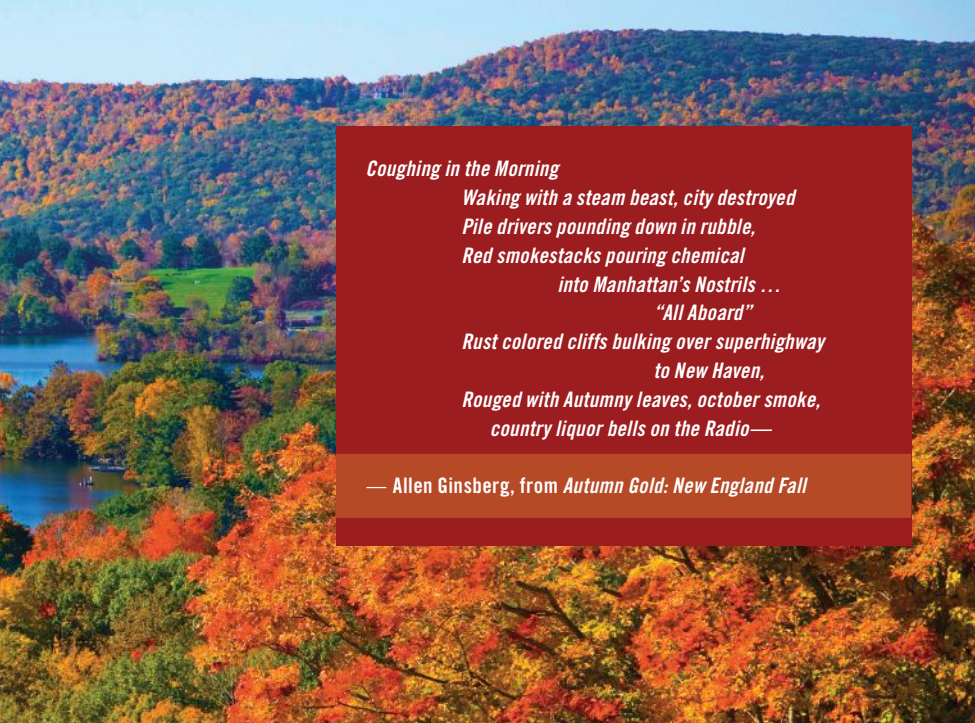
### *Coughing in the Morning*

*Waking with a steam beast, city destroyed  
Pile drivers pounding down in rubble,  
Red smokestacks pouring chemical  
into Manhattan's Nostrils ...  
"All Aboard"*

*Rust colored cliffs bulking over superhighway  
to New Haven,*

*Rouged with Autumn leaves, october smoke,  
country liquor bells on the Radio—*

— Allen Ginsberg, from *Autumn Gold: New England Fall*



## LITCHFIELD MOUNT TOM STATE PARK



## PUTNAM

The famed Last Green Valley in the Quiet Corner should change its name in the fall, so dramatically does the color wheel spin to autumnal hues. One of the region's standout communities is quirky Putnam. (On what other Connecticut town's Main Street will you find 17 little "fairy doors," each representing a different theme?) It's also a key stop along one of New England's great foliage train rides. Each October, the *Norwich Bulletin* sponsors a Fall Foliage Train excursion aboard the vintage Providence & Worcester train. Scheduled for Oct. 14, the ride begins in Norwich and proceeds north along the Shetucket River through Windham County to Putnam. Disembark and check out Putnam's downtown or continue north to Massachusetts and eventually back to Norwich.

For those who get off in Putnam, there are plenty of shopping and dining destinations, including Jessica Tuesday's, a delightful lunch spot with a large patio right next to the train tracks; Deary Bros. Mike's Stand, a classic burger and dog stand; and new barbecue joint Sugar & Smoke. Later in October, Putnam celebrates its annual Great Pumpkin Festival with loads of family-friendly activities, such as arts and crafts, pumpkin carving and decorating, live music, pumpkin-themed menus, another foliage train ride, and a scarecrow contest. The fun is scheduled for Oct. 21 from 10 a.m.-4 p.m.

A fall foliage ride of a different kind takes place just down Route 44 in Pomfret. Hop on a horse and join the Pomfret Horse & Trail Association for a jaunt through a wooded property on Oct. 15. Wood-fired pizza will be provided by the Rolling Tomato. For more information, go to [pomfrehorseandtrail.com/events](http://pomfrehorseandtrail.com/events).


**WHERE TO STAY** Just up the road in Woodstock is the Mansion at Bald Hill. Befitting its Quiet Corner location, the bed and breakfast is the perfect place to get some peace and quiet. With expertly manicured grounds and wonderful foliage views, you won't have to stray very far to see gorgeous surroundings. If you're thinking about a stay, it would be wise to book early, as this secluded spot has only a handful of rooms.

## SALISBURY, CORNWALL & NORFOLK

With some of the earliest-arriving foliage in the state, the hills of the Northwest Corner offer the chance to be among the first to see autumn's glory. The highest of all peaks in Connecticut is Bear Mountain in Salisbury,

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*An odd momentum kept me going  
On toward Sleeping Giant, its easy  
Sloping neck and chin stumbled  
With pine and birch. I'd climbed  
Before — who hasn't? — to the sheer  
Rockface lookout they call The Eye,  
Known, if by any sense, then a sixth,  
For vistas that yield to nothing less  
Than blind insight.*

— J.D. McClatchy, from *Late Autumn Work*

just a short distance from the Massachusetts line. At 2,316 feet, your legs might burn a bit from the ascent, but with an expansive view that includes some of the southern New Hampshire summits, the colors of fall all around will leave you numb.

For some good eating on the drive east to Norfolk, make a stop at Pop's Diner where Route 44 meets Route 7 in North Canaan.

Nicknamed the "icebox of Connecticut," Norfolk is a prime foliage town. It's home to Dennis Hill State Park. Walk or drive up to a dramatic gazebo overlook at a height of more than 1,500 feet and a summit pavilion that reveal the beauty of the surrounding hills, as well as New Hampshire, Vermont's Green Mountains and Massachusetts' Mount Greylock. Haystack Mountain State Park is another great stop. A 15-minute walk brings you to a granite tower atop the peak, providing a 360-degree panorama of the countryside.

To fully experience Norfolk, take in a show at the 300-seat Infinity Music Hall. On Oct. 5, the Chris Robinson Brotherhood, headed by Black Crowes singer Chris Robinson, brings its blues rock to town.

In Cornwall, Mohawk State Forest offers more scenic vistas. A drive up Mohawk Mountain Road brings you to a lookout tower, from which you can see the Catskill,

Taconic and Berkshire ranges. Also check out — and drive through — the West Cornwall Covered Bridge, one of the few that still survive in our state. For a unique dining experience, try West Cornwall's RSVP, with its open kitchen and no menus.

**WHERE TO STAY** Salisbury's 19th-century White Hart Inn is an ideal launching or ending point of your adventure. With its luxurious rooms that

tastefully combine old and new touches, the inn will make you feel right at home. If your schedule allows, the Sunday brunch is a wonderful weekend treat.

## MYSTIC & STONINGTON

Most leaf peepers head north when in search of fall colors. But if you don't go to the Sound in the fall at least once in your life, you're missing out. For our



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## WEST CORNWALL COVERED BRIDGE



BILL WAKELEY, PIXELS.COM

money, no Sound-adjacent destination beats this stretch of shore in southeastern Connecticut. Driving along the Mystic River, near where it empties into the Sound, during peak foliage season is an experience, the vibrancy of the leaves creating an interesting juxtaposition with the dark waters below. The recommended journey from west to east begins in downtown Mystic on the river's western bank. While you're there, stop in to the

Mystic Drawbridge Ice Cream parlor for some of the best frozen treats in the state. For those who don't consider ice cream an adequate meal, the culinary options in Mystic are legend. The seafood choices are myriad — Red 36, Oyster Club and S&P Oyster Co. — while Rise offers breakfast and lunch, Engine Room pumps out New American classics, and 4 Roosevelt Asian Bistro is a nice change of pace.

After you've had your fill, head north on Pearl Street until it connects with River Road. Continue on with the river on your right until you hit Route 27 South. (For a quick detour, head north to B.F. Clyde's Cider Mill for ciders, apples, pies and more.) Now moving south along the eastern bank of the river, you'll pass by the frozen-in-time Olde Mistick Village, Mystic Aquarium and Mystic Seaport, all of which are worth a stop. As you take in the foliage along the Sound, head east on Route 1 into Stonington. What this seaside town lacks in notoriety compared to Mystic, it more than makes up for with its old-time New England feel, architecture and great dining options. The Velvet Vine is a refined bistro with a robust wine list, the casual Dog Watch Cafe offers seafood and sandwiches, and seafood haven Breakwater is situated on a long dock at

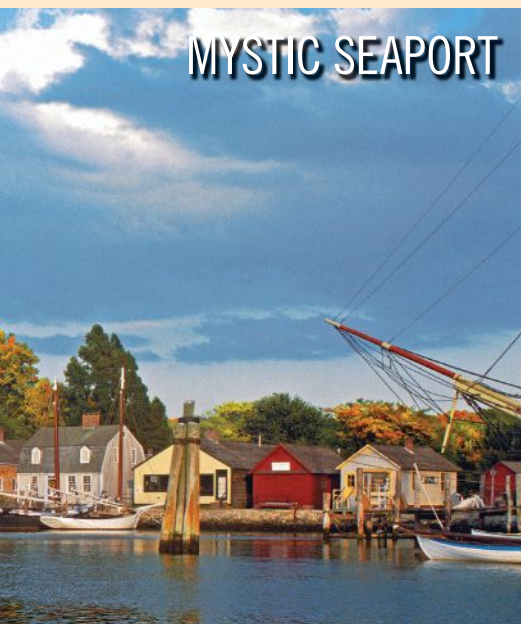
the mouth of Stonington Harbor. Saltwater Farm Vineyard offers wonderful wine and a tasting room in a restored World War II-era airplane hangar.

**WHERE TO STAY** At the Inn at Stonington, you're right in the middle of it all — just steps from the water, shops and restaurants. The rooms are beautifully outfitted, with balconies, gas fireplaces, and floor-to-ceiling windows providing breathtaking harbor views. And a bonus: Room prices come down a bit during the colder months.

## MIDDLEFIELD & MERIDEN

There's a school of thought that says you have to get out into the middle of the countryside, away from big towns and cities, in order to get the best foliage views. There is a knot of traprock ridges right around the intersection of interstates 91 and 691 that show you don't need to drive into the far reaches of the state to get some great fall colors. Here's the itinerary. The first stop is Meriden's Hubbard Park and Castle Craig, where you can look out over the city from the cliffs that ride as high as 700 feet over Meriden's north side. These

## MYSTIC SEAPORT

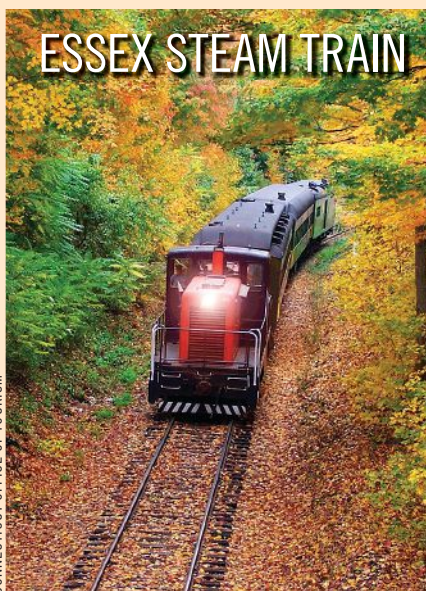




are the Hanging Hills of Meriden, part of the much larger traprock ridge that travels north-south through the center of Connecticut like a spine. Along with East and West Rock in New Haven, the Connecticut traprock ridges are accessible to vehicles, and offer wonderful scenes for those unable to go on hikes and walks.

If hikes *are* your thing, jump on 691 East over to Mount Higby just over the Middlefield line, where a short hike will take you to another traprock ridge, this time offering excellent views looking west. Interested hikers can follow the ridge north for a mile to a second vista. To keep the foliage sights rolling after seeing the top of Mount Higby, jump back in the car and head into Middlefield straight to Lyman Orchards, which runs along another smaller ridge on Powder Hill Road, offering some of the best views in this part of the state. This time of year at Lyman's, you can pick your own apples and pumpkins.

**WHERE TO STAY** The exits off I-91 offer the usual assortment of Marriotts and Howard Johnsons, but for something a little more unique, head straight down Route 66 into Middletown, where the Inn at Middletown sits in the old converted Middletown armory. Walk to plenty of restaurants, art galleries, bookstores and a movie theater to make a night of it.



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## ESSEX

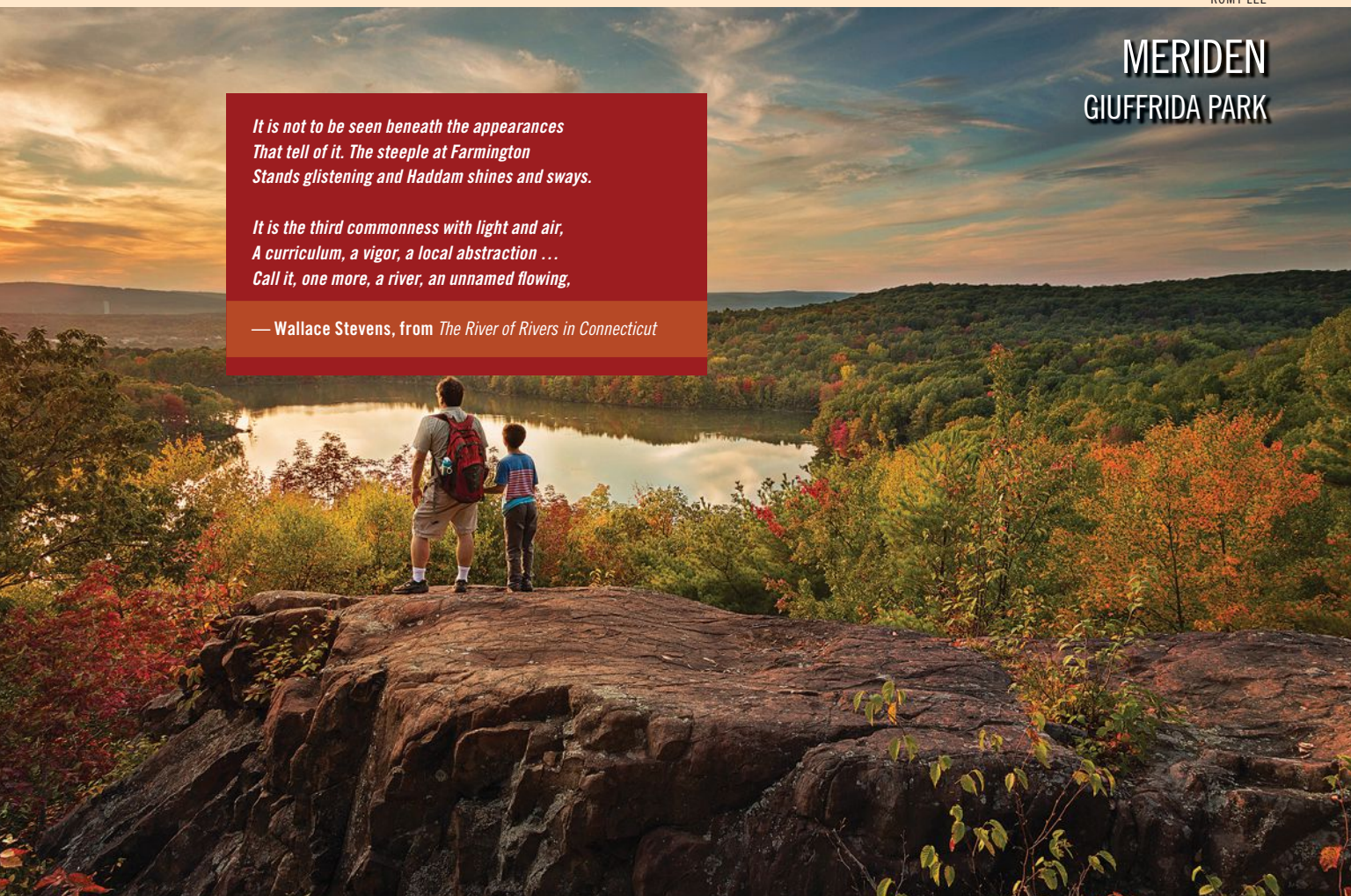
In the lower Connecticut River Valley, as the name suggests, the mighty river is the defining geographic feature. On the west bank of the river, Route 9 can take you to all manner of cozy, cheerful and interesting towns. In terms of views and foliage-themed expeditions, there's really too much to do for just one day. The Chester-Hadlyme ferry will give you outstanding views from the unusual

vantage point of the middle of the great river. (At the cheap rate of \$6 per vehicle on the weekends, why not take it back and forth a few times?) The famous Essex Steam Train and Riverboat allows for leaf peeping from both land and water. Take the vintage locomotive from the 1892 Essex Station and hop aboard the Becky Thatcher riverboat for 2½ hours of fall fun.

In terms of the communities up and down this part of the river, the jewel in the crown is Essex. The old colonial center of Essex sits on a spit of land jutting out into the river, and in places offers a 270-degree view of the river in all its glory. There's plenty to check out in the village, but we recommend the Connecticut River Museum, where Executive Director Christopher Dobbs has for years put together an incredible series of exhibitions celebrating the living history of the river from which our state gets its name. For a nice bite along the riverfront, Abby's Place is the place to be, with its seafood and American favorites and outdoor seating next to a boatyard.

**WHERE TO STAY** If you snatch up one of its 33 rooms, it has to be the Griswold Inn. This wonderful relic dates to 1776 and features an excellent taproom and dining room downstairs. It is mere walking distance from the river itself.

ROMY LEE



## MERIDEN GIUFFRIDA PARK

*It is not to be seen beneath the appearances  
That tell of it. The steeple at Farmington  
Stands glistening and Haddam shines and sways.*

*It is the third commonness with light and air,  
A curriculum, a vigor, a local abstraction ...  
Call it, one more, a river, an unnamed flowing,*

— Wallace Stevens, from *The River of Rivers in Connecticut*





## NEW HAMPSHIRE MOUNT DECEPTION, WHITE MOUNTAINS

BILL WAKELEY, PIXELS.COM

# BEYOND THE BORDER

Connecticut offers some awesome autumn scenery, but what if you want to leave to go see other leaves? To check out New England's best foliage outside Connecticut, you're in for a bit of a drive. But trust us, you won't regret taking in these wondrous locations. A word to the wise, though: some of these places hit their peak foliage even earlier than Connecticut. So if you wait until late October to hit the road, you might have already missed the most brilliant colors.

## MASSACHUSETTS

### Mohawk Trail Scenic Byway, The Berkshires

A bountiful bevy of Berkshire beauty awaits in western Massachusetts on the Mohawk Trail, a 69-mile byway that was once a Native American trade route. Scenic at any time of year, the fall foliage only enhances the experience of traveling on Route 2 through deep forests, alongside rivers, and in the shadow of mountains. Two options for when you stop the car: the 62nd annual Fall Foliage Parade in North Adams on Oct. 1, and book a zipline canopy tour at [zoaroutdoor.com](http://zoaroutdoor.com).

**WHERE TO STAY** Cavalier Cottage is a pet-friendly bed and breakfast located on a country road in Charlemont, right in the middle of the Mohawk Trail. If you're leaving the pets at home, try the Dancing Bear Guest House, a European-style bed and breakfast in the village of Shelburne Falls.

## VERMONT

### Shires of Vermont Byway

Keep heading north over the state line and you'll be in rustic, rural southwest Vermont. Quintessential old New England villages dot the landscape in the corridor carved out between the Green and Taconic mountain ranges. The Shires of Vermont Byway — Routes 7 and 7A starting in

Bennington and undulating north to Manchester — provides stunning views of the autumnal colors drenching the mountainsides. But the bonus here is the Vermont postcard scenes come to life: farmhouses, historic churches, covered bridges and general stores, all set against a backdrop of fiery orange and red.

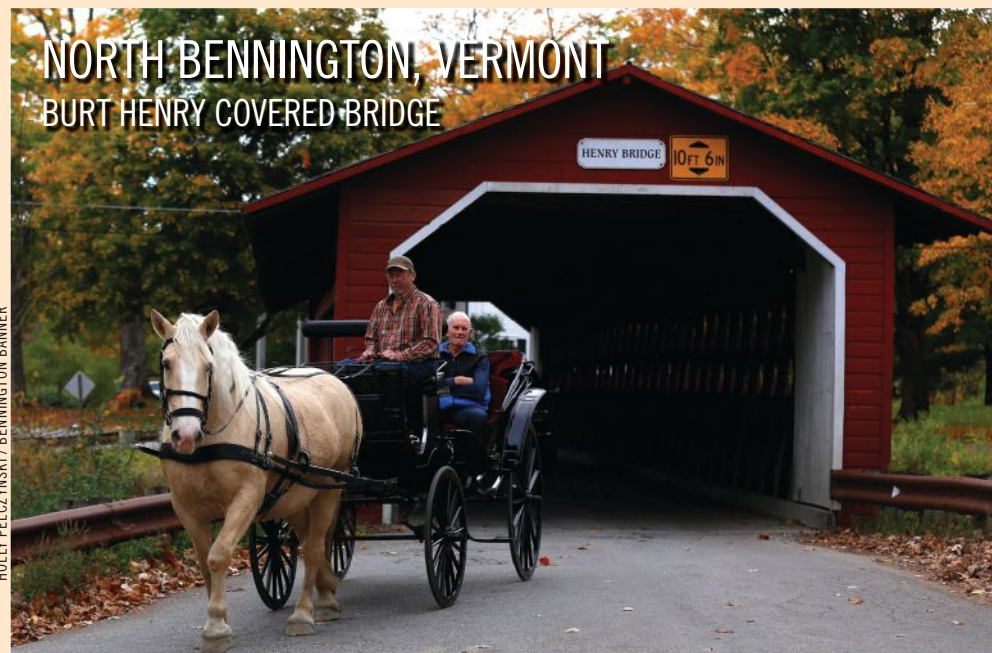
**WHERE TO STAY** Roaring Branch Cabins in Arlington is a handful of secluded log cabins on a 36-acre area of forest and woodlands overlooking a mountain stream.

## NEW YORK

### The Shawangunk Ridge, near New Paltz

A mere 63 miles from Danbury, the Shawangunk Ridge in New York is a world-renowned nature and climbing destination. There are several areas to hike on the ridge including the Minnewaska State Park and Mohonk preserves. Minnewaska State Park is home to a beautiful, aqua-blue mountain lake surrounded by woods and viewing points, and Awosting Falls, a dramatic waterfall. Mohonk Preserve is the most popular spot for mountain climbing on the ridge. The adventurous can try their hand at climbing under the tutelage of experienced guides.

Afterward, the below-the-ridge town of New Paltz is a fun spot to visit where hippie culture reigns supreme. Gluten-free options abound and the town is home to



## NORTH BENNINGTON, VERMONT BURT HENRY COVERED BRIDGE

HOLLY PELCZYNSKI / BENNINGTON BANNER



several brewpubs including the critically acclaimed Bacchus New Paltz, a brewery and beer bar.

**WHERE TO STAY** There are several options but the most famous is the Mohonk Mountain House, a historic resort on the ridge with its own hiking paths and mountain lake. The house has been the subject of many travel features and is truly a one-of-a-kind experience.

## MAINE

### Acadia National Park

Although it's the farthest from Connecticut, this natural wonder on the Atlantic is well worth the drive. And fall is one of the best times to visit the park — the foliage is exploding with color and the crowds are relatively light. Drive around the 27-mile Park Loop Road on Mount Desert Island and take in the rocky shores, evergreens, crimsons and golds. You can drive or hike up the pink granite of Cadillac Mountain — its 1,530-foot summit is the first spot to see the sun rise in the U.S. from October to March. Spanning Mount Desert Island, Schoodic Peninsula and Isle au Haut, the park boasts 155 miles of hiking trails for all levels of experience. Another 45 miles of carriage roads provide plenty to check out via bicycle or horse-drawn carriage.

After all that, you're sure to have worked up an appetite. Stop by the Jordan Pond House restaurant, famous for its addictive popovers and jam. And on Oct. 7 comes Acadia's annual Oktoberfest, at which Maine's many breweries offer their finest beers, ciders and meads.

**WHERE TO STAY** You'll find less expensive options if you stay on the mainland, but if you want to seek lodging on the island, the Bar Harbor Inn & Spa on the eastern shore is hard to beat. For more seclusion, try the tucked-away Acadia

VISITNEWENGLAND.COM



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Cottages in Southwest Harbor. But act fast, the seasonal cottages close Oct. 17.

## NEW HAMPSHIRE

### Kancamagus Highway and Franconia Notch State Park

This National Scenic Byway, which locals call "The Kanc," is known the world over for its foliage-filled vistas. The 35-mile, east-to-west highway cuts through the heart of the White Mountain National Forest, and is unspoiled by structures or service stations, making for quite the woodland journey. As you might imagine for a location in northern New Hampshire, there is some elevation along the way. But that makes the views that much more stunning. You'll ascend 2,860 feet up Kancamagus Pass to the roadway's highest point, where there are several scenic overlooks. A popular attraction just a short hike from the highway is the photogenic Sabbaday Falls.

For even more wonders of nature, take

Interstate 93 north toward Franconia Notch State Park. This incredible mountain pass is perhaps best known for the Flume Gorge, where a stream passes through an 800-foot-long valley with nearly 100-foot-tall granite walls. A boardwalk allows for unbelievable views. There may not be a better spot for fall photos than the gorge's historic covered bridge. Speaking of great views, take a ride on the aerial tramway at Cannon Mountain, which brings you to the 4,080-foot summit and delivers views from Canada to New York on a clear day.

**WHERE TO STAY** A great place to unwind after a big day in the great outdoors is the Horse & Hound Inn, a charming former ski lodge in Franconia. This carefully restored inn has all the touches you'd expect, and the staff is eager to share its knowledge of the surroundings to help you find your favorite adventure. ■



## NEW HAMPSHIRE WHITE MOUNTAINS



# Bigger, Better, Best



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**Saturday Oct. 14<sup>th</sup>**



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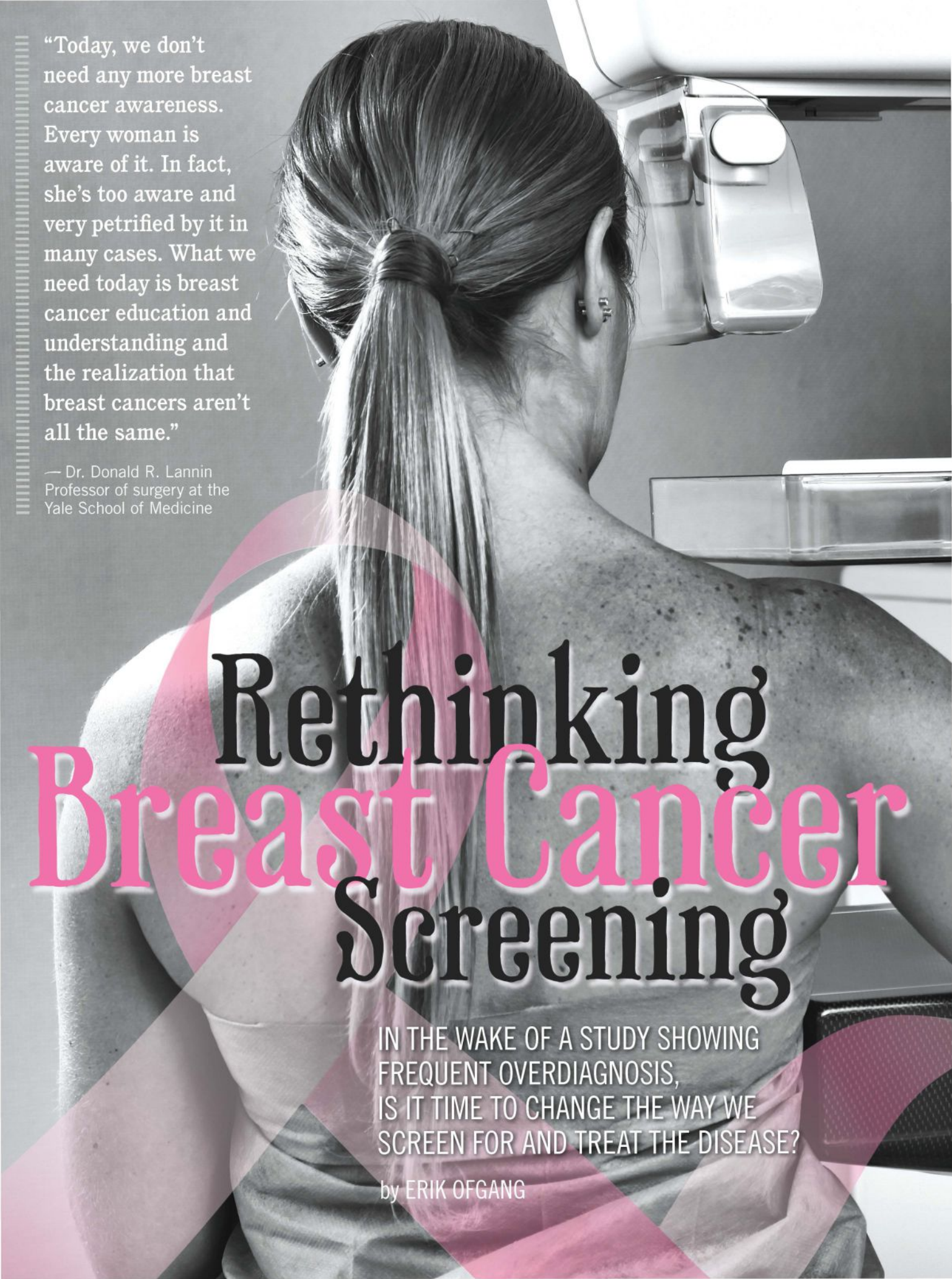


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A black and white photograph of a woman from behind, positioned inside a mammogram machine. Her hair is pulled back into a long ponytail. The machine's components, including the compression paddle and imaging unit, are visible. The image is overlaid with a large, semi-transparent pink circle and a diagonal pink band.

"Today, we don't need any more breast cancer awareness. Every woman is aware of it. In fact, she's too aware and very petrified by it in many cases. What we need today is breast cancer education and understanding and the realization that breast cancers aren't all the same."

— Dr. Donald R. Lannin  
Professor of surgery at the  
Yale School of Medicine

# Rethinking Breast Cancer Screening

IN THE WAKE OF A STUDY SHOWING  
FREQUENT OVERDIAGNOSIS,  
IS IT TIME TO CHANGE THE WAY WE  
SCREEN FOR AND TREAT THE DISEASE?

by ERIK OFGANG



**T**he emerging science of mammography would soon beat breast cancer.

That's what Dr. Donald R. Lannin, then a young breast surgeon, and others in the field believed in the 1980s. The mammogram, an X-ray picture of the breast, had recently emerged as a mainstream procedure. In October 1985, the American Cancer Society and other organizations designated October as Breast Cancer Awareness Month, and the importance of early detection through regular screenings for women beginning in their 40s was taught to the public.

In the decades since mammogram screenings became more mainstream, Lannin says although the number of small breast cancers diagnosed has gone up dramatically, decreases in deaths from breast cancer have not kept pace.

"I've realized that early detection is really only a minor benefit; it's probably some benefit, but it's pretty small," says Lannin, now a professor of surgery at the Yale School of Medicine. "If you look at the figures for the reduction in mortality due to mammography, it's about 19 percent." He adds that given the number of incredibly tiny cancers found on screenings, "that really ought to reduce the mortality from cancer at least 50 to 75 percent. So, why is it only reduced 19 percent?"

It's a question Lannin believes he has answered in a study published in June in the prestigious *New England Journal of Medicine*. The study, coauthored by Dr. Shiyi Wang, assistant professor of epidemiology at the Yale School of Public Health, builds on previous studies showing 22 percent of breast cancers are overdiagnosed. This does not mean that radiologists made a mistake in diagnosing these tumors, but rather that some cancers are so slow-growing and biologically favorable, that they would never bother the woman if they were not found.

"Many small cancers are small not because they were caught early, but because they are biologically so [inactive] that they will never get large," Lannin says. "In contrast, many large cancers are large not because they were ignored or not found, but because they grow so fast that they get large before they could ever be detected by mammography."

## NEW FINDINGS

Previously, researchers believed the lead time (the time between when a tumor can be detected by mammography and when it becomes apparent in other ways) for all cancers was essentially the same. Lannin's study shows large, aggressive cancers have a lead time of two years or less, while many smaller cancers have a lead time of 15-20 years, which is beyond the life expectancy of some older patients.

"It's deceptive because you see a whole lot more small cancers and they all do very well, and you think, 'it's because you caught it



when they were small,” Lannin says. “For years, I was taking out these small cancers thinking, ‘Thank goodness we caught it then and took it out when it was small before it got large.’ Now I realize that many of those small cancers would never have gotten large or bothered the patient.”

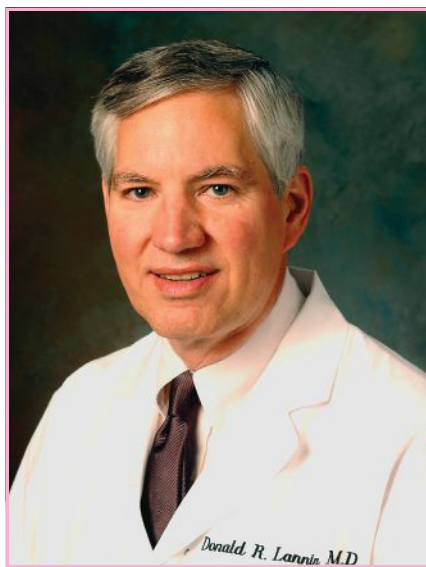
For the study, Lannin and Wang analyzed invasive breast cancers diagnosed between 2001 and 2013 as part of a publicly available database that contains cancer data on about 28 percent of the U.S. population. They divided the cancers into favorable, unfavorable and intermediate categories based on tumor grade and hormone receptor expression. Dr. Wang then developed a sophisticated set of models to explain which patients and tumor types most likely account for the 22 percent expected rate of overdiagnosis. “We compared lead time and life expectancy,” Wang says. “If the lead time is longer than life expectancy, this means the cancer will not become clinically apparent before the patient dies from other causes and therefore this patient is overdiagnosed.”

Their models showed that women were increasingly likely to be overdiagnosed as they aged, because the odds increased that they would die from other causes before their slow-growing cancer could become fatal. For example, one of the models showed that for a woman in her 70s diagnosed with a biologically favorable tumor, the chances are 65 percent that this represents overdiagnosis. If a woman in her 50s were diagnosed with that same cancer, the chances of overdiagnosis would only be 40 percent. In contrast, if the woman in her 70s were diagnosed with a biologically unfavorable tumor, the chances of overdiagnosis would only be 5 percent.

## PRACTICAL IMPLICATIONS

The difficult part for patients and researchers is that some small cancers do become dangerous. Lannin says that “out of 100 cancers found on a mammogram, 50 percent of them are slow-growing cancers that would eventually become clinically apparent but would still be curable at that time. About 25 percent of the cancers are slow-growing cancers that would never become apparent during the patient’s lifetime. These are the overdiagnosed cancers.” He adds, “There is another 20 percent that are rapidly growing cancers that are already incurable even when found on a mammogram. Then, there’s about 5 percent that are curable when discoverable on mammography but that would become incurable by the time they are large enough to be found without mammography.”

This 5 percent, or five people out of 100, account, roughly, for the 19 percent relative risk reduction in mortality



associated with mammography screenings Lannin cited earlier.

But the role that mammography screenings play in increased longevity is controversial. A study published in March in the *Annals of Internal Medicine* looked at women in Denmark where screenings were implemented in different regions at different times, so they could compare groups of women who had regular screenings versus those who did not. The study concluded “breast cancer screening was not associated with a reduction in the incidence of advanced cancer,” or decreased mortality.

In 2015, the American Cancer Society issued new recommendations for screenings, advising women to start annual screenings at 45 (it had previously advised starting at 40) and to continue exams until 55. After turning 55, the organization suggests women transition to screenings every other year until they turn 75 (previously, it had suggested continuing annual screenings).

The Canadian Cancer Society advises less screening; its guidelines recommend women start screening every other year at 50 and to continue only until age 70.

“Some people think, ‘Well, we shouldn’t do so much mammography.’ I’m not particularly advocating that,” Lannin says. “I think that mammography overall does have some benefits but the benefit is fairly small, 19 percent instead of 50 or 70 percent, but still that 19 percent is important. So I’m not saying that you shouldn’t do mammography, but you might stop doing it a little younger. ... The risks and benefits of mammography are not as favorable in older women. They’re much more likely to have an overdiagnosed cancer and much less likely to have their lives saved from a cancer they found. One of the things we might consider is stopping mammography by age 70. We could then avoid a lot of overdiagnosis in women who

get mammograms in their 70s and 80s.”

He’d also like to see doctors who find small cancers do molecular testing to verify whether they are biologically favorable, and therefore likely to grow slower, and to start treating slow-growing cancers, “much less aggressively.”

He says, “The minimum treatment that will probably be used most of the time is a lumpectomy to take the cancer out.” In addition, today lymph nodes might be taken out at the same time, but if it could be determined a patient’s cancer was slow growing, then “there’s probably no reason to take out lymph nodes. Typically we use radiation or drug therapy and we probably wouldn’t have to do either of those if we think it’s an overdiagnosed cancer.”

Lannin does caution that more research is necessary and he hopes his study will lead to trials in the future. “It’s hard to make too radical a change in your treatment based on just our study.”

## LESS AWARENESS, MORE UNDERSTANDING

Beyond preventing unnecessary procedures, Lannin hopes his study will help patients avoid the psychological hardships a breast cancer diagnosis causes. “It’s sad. I see a lot of patients with a very tiny, slow-growing cancer that probably would do fine if we didn’t treat it at all, and they’re just terrified. They think, ‘I’ve got a life-threatening cancer.’ And they want both breasts removed and chemotherapy and radiation and all kinds of treatments that they don’t need and it’s because they’re so anxious and fearful of it.”

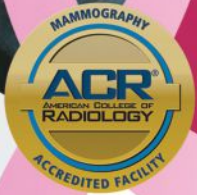
Thirty-five years after he entered the field, Lannin would like to see less awareness and more understanding of breast cancer.

“It’s always in the news and the press about breast cancer,” he says. “When I started my career 35 years ago, breast cancer wasn’t really very well known, people didn’t talk about it much. Back then there were quite a few women who had palpable, big, obvious breast cancers that didn’t see a doctor just because it wasn’t hurting. We started breast cancer awareness, and October is Breast Cancer Awareness Month, because we thought, ‘Well, it really will help to make women more aware of breast cancer.’ Today, we don’t need any more breast cancer awareness. Every woman is aware of it. In fact, she’s too aware and very petrified by it in many cases. What we need today is breast cancer education and understanding and the realization that breast cancers aren’t all the same, that some are very good and some very bad. That many times it’s a very good cancer and it’s not worth being all anxious and upset and panicking about because it’s quite likely something that would never bother you, if you didn’t find it.” ■



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**Tariq Farid, founder  
and CEO of Edible  
Arrangements**

ARNOLD GOLD





# Sweet DREAMS

When Tariq Farid told banks he wanted to put ‘fruit in a basket,’ they wouldn’t give him a loan. Now his global company is taking the next step in its evolution.

## TARIQ FARID KNEW HE HAD A GOOD IDEA.

It was the late '90s and Farid, who owned a flower shop in East Haven, was seeing fruit baskets designed to look like floral arrangements popping up more and more. Hobbyists would make them for friends and family, some flower shops dabbled in their design and there was even a book about them.

At his flower shop, Farid, who had moved to West Haven from Pakistan with his family when he was 11, began experimenting with these fruit arrangements. Customers were enchanted by them. It seemed like everyone who received one called to see if they could send one to someone else, and Farid could hear in the voices of these callers the kid-on-Christmas-morning excitement the intricate fruit baskets elicited.

Farid, then in his late 20s, thought that with his new fruit-arrangement concept, he had found a great business opportunity. Investors and loan officers at the bank didn't agree; instead they treated him like Norville Barnes in the Coen brothers film *The Hudsucker Proxy*. In that movie Barnes (played by Tim Robbins) is the fictionalized inventor of the hula hoop. When Barnes shows people the “plans” for the invention, which consist solely of a circle on an otherwise blank piece of paper, they can't see what the circle represents. “You know, for kids,” Barnes attempts to explain. People look at him like he's crazy.

Farid seemed equally as crazy as he attempted to explain his concept to people. Someone asked him if he had done a focus group. Not entirely sure what a focus group was, Farid replied “yes.” He explained he had made one of the fruit arrangements and taken it home to his mother who had said, “Wow, this is going to be really big.”

When he presented the idea to loan officers at banks and elsewhere, he says, “I looked like I was on some type of drug like speed or something. I’m going, ‘THIS IS GONNA BE BIG,’ and they’re like ‘it’s fruit, in a basket.’” Not hearing the lack of enthusiasm in people’s voices, Farid responded with unabated passion, “Yeah, it’s fruit in A BASKET!”

Fruit in a basket had become his real-life version of “you know, for kids.”



By Erik Ofgang





Fouad Elgoute, right, owner of Hamden Edible Arrangements, and store manager Saba Shanawar put the finishing touches on a 3-foot-tall, 65-pound arrangement at the Eli Whitney Museum's 23rd annual Leonardo in Bloom Challenge fundraiser. CATHERINE AVALONE

## EIGHTEEN YEARS LATER IT'S CLEAR

"putting fruit in a basket" was a good investment. Today there are more than 1,300 Edible Arrangements franchises worldwide and the Connecticut company boasts about \$550 million in annual sales. Earlier this year it was included in *Entrepreneur Magazine's* Best of the Best Franchises list. Beyond Edible, Farid owns several companies including Netsolace, a computer software distributor for the franchise industry, and SKF Properties, a property investment and management company.

Despite his success, Farid doesn't believe in resting on one's laurels, not even if they're dipped in chocolate and served as part of a fruit basket.

One of his business tenets is "innovation never ends." He's written that he constantly asks himself "if I were starting this business today, how would I set it up; what would I do differently?"

To that end he has embarked on a major process of reinventing the Edible brand. "We're changing the brand from a [gift and delivery] company to an experience company," he says on a recent afternoon at Edible Arrangements' Wallingford headquarters. "It is the scariest time in my life," he admits.

Friendly, with an infectious enthusiasm, Farid has a gift for storytelling and looks younger than his 48 years. He explains that as part of Edible's reinvention, he hopes to expand the existing franchise locations from online-order fulfillment centers into brick-and-mortar destinations where people regularly go to treat themselves. The heart and soul of this innovation is the Edible to Go program, which offers a full assortment

of frozen yogurt and smoothies made with the same fresh, "never frozen" ingredients that already go into the arrangements. The program seeks to take advantage of the existing retail space of the Edible Arrangements locations and the inventories of fresh fruit every store maintains.

Sixty percent of stores have adopted the program and more are on the way — franchise owners were being trained in smoothie-making at the Edible Arrangements store at the Wallingford corporate headquarters during our visit. Of the 36 stores in Connecticut, nearly half offer the Edible to Go concept. The Windsor and Hartford locations are in the process of converting and will offer the program by the end of the year. The remaining Connecticut stores will be converted over the next few years.

Farid has gone all in with the concept: earlier this year he bought back a minority stake in the company he had sold in 2012, returning ownership of the brand entirely to his family. Though he's excited about the future, Farid admits a mix of worry and fear about the transformation.

"In business you have to be cautious;

## EDIBLE TO GO

Of the 36 Edible Arrangements stores in Connecticut, 16 currently offer the Edible to Go concept with frozen yogurt and smoothies: Avon, Branford, Bridgeport, Danbury, Derby, Enfield, Fairfield, Hartford, New Haven, North Haven, Norwich, Stamford, Torrington, Wallingford, West Haven and Willimantic.

only fools of business are not cautious," he says. "You have to be paranoid because that's what makes you do things properly and perfectly."

These are welcome emotions for Farid. It's the same fear he felt back in the '90s when he was struggling to open his first Edible Arrangements shop. It's a healthy fear that comes not from dread, but from excitement and the thrill of pushing forward into the unknown. It's a feeling Farid knows well.

IN 1978 FARID'S FATHER, GHULAM, bid a temporary farewell to his family in Pakistan and headed to the U.S. alone. Settling in West Haven, he washed dishes at a steakhouse and saved money for his family back home. Two years later he brought his family with him to the U.S., leaving behind the world he knew so his children would have more opportunities.

"He's the bravest guy in the world for doing that. He left his family, he left all his friends, he left everything," Farid says.

The family settled in West Haven, where they flourished. "My mother [Salma] felt that her life, her freedom started the day she arrived in America," Farid says. Both his parents instilled in him a work ethic that would make a drill sergeant proud. One of his first jobs was as a paperboy for the *New Haven Register*. He also slung french fries at McDonald's and got a job at a West Haven flower shop where he learned the ins and outs of the floral industry. When he was 17 his family bought an East Haven flower shop for him to manage when not attending high school. A self-taught computer wiz, Farid designed the IT systems for his store and then started a business designing IT systems for other flower shops.

Before all this, Farid's earliest job was in West Haven working for a neighbor named Mary. She would hire kids to mow her lawn in the warm months and shovel snow from her driveway in the winter. In addition to the agreed-upon payment, they'd often be rewarded with a cookie.

Farid was so eager for the work that during winter storms he would arrive at her house, shovel in hand, before it stopped snowing. "She would be like, 'Hun, the snow hasn't stopped yet.' I'd say, 'I know, but I don't want anyone else to get the job.'" After assuring Farid that he had the contract, she told him, "If you keep working this hard, by the time you're 35, you're going to be a millionaire."

Those words had the power of prophecy for Farid, inspiring and emboldening him. (Farid is unsure of Mary's last name and has since tried, unsuccessfully, to track her down and thank her.)

Many years later when the banks didn't like his idea of "putting fruit in baskets," and



he found himself unable to get a loan, he pushed forward. When friends told him the idea was foolish, he pushed forward.

"I only get advice from people who have accomplished things that I want to do," he says, noting that he never paid attention to many of his skeptics because, he would think, "They've never done this, how could they know?"

Instead Farid would seek out business owners he had admired for advice. From the owner of the flower shop where he started working at 13 to the late Fred DeLuca, co-founder of Subway and an early fan of Edible Arrangements, Farid had many teachers along the way.

"My mother used to say a great thing," Farid says. "She said, 'Knowledge is like water — it flows downhill. So if you want to take benefit you have to lower yourself. If you find somebody of knowledge, chase them down and sit in their shadow so they can teach you.'"

Instead of listening to those who did not believe in the Edible Arrangements concept, he listened to those who supported it, and he heard the voice of his old neighbor in his head every time he encountered naysayers. *If you keep working this hard, by the time you're 35, you're going to be a millionaire.*

The first Edible Arrangements store opened in East Haven in 1999. Success didn't literally come overnight. But it almost did. People reacted to the baskets with genuine delight and often used the word "wow" when describing them. That gave Farid the idea of offering a "wow" guarantee to customers — if a person received an Edible Arrangement as a gift and didn't use the word "wow" when describing it, the company offered a full refund. Farid says they have never had to refund a single basket.

In 2000, with the first store open for only a year, Chris Dellamarggio, a businessman from Massachusetts, walked in and asked about purchasing a franchise. Dellamarggio had been visiting his mom in Connecticut and saw an Edible Arrangement she had been sent.

Farid responded as if franchising was

something he had already been carefully considering and said he would need to speak with his attorney and get back to Dellamarggio. After Dellamarggio left, Farid looked up a franchise consultant in the Yellow Pages. In 2001, Dellamarggio opened the first Edible Arrangements franchise in Waltham, Massachusetts. It was the first of many franchises.

#### FOR FARID, SUCCESS HAS NEVER

been about the money.

"My mom used to say, 'Don't chase money, it runs really fast. Go do the right thing and it will follow you,'" Farid says. He adds, "If you're simply chasing money, you're just going to be miserable because there's so many times that it's not enough."

Farid has three children from his first

United States when I was just a child, I have had the opportunity to experience firsthand the many benefits and blessings this great country has to offer. I strongly believe that with success comes responsibility. As a proud American and a living example that the American dream is alive and well, there is no greater feeling for me than knowing that I am now able to help others who are less fortunate as they strive to achieve their dreams."

It was this foundation that made Farid, who is Muslim, the topic of a rumor around 2012 claiming his foundation was funding Hamas. The Anti-Defamation League has twice denounced the claim, saying in 2014 "there is absolutely no truth to these unfounded assertions."

(For unrelated reasons, the Connecticut branch of that organization presented Farid and his wife, Asma, with the Torch of Liberty Award earlier this year for their work in Greater New Haven.)

Farid doesn't like to harp on that ugly moment. "They were mostly calling me out for my religion and my background and started saying crazy stuff. Did it bother me? Of course, you lose sleep over it," he says, but adds, "I never, ever focus on the negative stuff. I never share my stories when I may have been discriminated against, when somebody may have said some kind of a comment which was questionable, or say something when they walk into your shop like 'go back to your country' or whatever

it is. I never share that because my good experiences have been so many that this negativity is so minute that for me to give it attention would be disingenuous, or unthankful for the blessings that I have."

Instead of these fleeting negative moments, Farid, who became a U.S. citizen in 1986, is focused on the uncountable positive moments from his life. "It's beyond a dream," he says, before once more mentioning his former West Haven neighbor Mary. "For her to say to a 13-year-old immigrant kid who probably didn't even dress right because my parents struggled at that time, 'Honey, if you keep working this hard you're going to be a millionaire,' I feel that was the start of my American dream. She planted the seed that if you work hard, you're going to do something here, you're going to be big. And that's what happened. ... I was a millionaire by the time I was 35. It's definitely an American dream." ■



Tariq Farid hugs his mother, Salma, in the family's East Haven flower shop in the late 1980s.

marriage who are young adults, Somia (who works as the special projects manager at Edible Arrangements), Marriyan and Fatima. He has three children with his second wife, Asma, who are all under 10, Zaynab, Muhumed and Humza.

In addition to his children, Farid's passion outside of work includes giving back through the Tariq Farid Foundation. Farid's mother, Salma, who died before Edible Arrangements fully took off, taught him the importance of giving back. Through the Tariq Farid Foundation he donates to local nonprofits such as IRIS (Integrated Refugee & Immigrant Service) and the Connecticut Food Bank, as well as international nonprofits, including Canadian Women for Women in Afghanistan and Aid All Syrians.

Explaining the motivation for the foundation, he writes on his website, "Since my family immigrated to the





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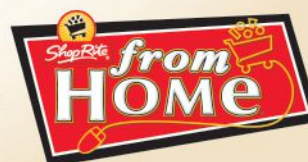
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REVIEWS, FEATURES, RESTAURANT LISTINGS

## Happy Meal

MILANO WINE BAR SERVES  
PIZZA AND GOOD VIBES IN  
DOWNTOWN BRIDGEPORT

BY ERIK OFGANG



Peaches and bacon pizza  
PHOTO ©JEFF KAUFMAN



**This page:** Strawberry Delight pizza; **below:** shrimp and arugula.

**Opposite page:** Co-owner Freddy Tomaj; the avocado caprese appetizer; cowboy burger and chocolate torte bomb

PHOTOS ©JEFF KAUFMAN



**W**HEN ALFRED “FREDDY” Tomaj tells people he and his brother opened a restaurant in the heart of downtown Bridgeport, they often respond with the same question: Why?

Even his brother was skeptical when Freddy first suggested the city as the location for the new restaurant.

They didn’t agree on it until Freddy, who lives in Newtown, took his brother, Peter, on a tour of the block where their restaurant is now situated. Freddy recalls that his brother was impressed and both men fell in love with the block, which includes the Bijou Theatre and is just

up the street from Joseph’s Steakhouse. They opened Milano Wine Bar & Pizzeria in August 2016.



**Milano  
Wine Bar  
& Pizzeria**  
*Bridgeport*

About a year later, our visit on a weeknight revealed a better-than-average restaurant with solid pizza, good drinks, a truly welcoming, friendly atmosphere,

and prices so low we thought there had been a mistake. (With happy hour pricing, our party of five ate a full dinner, split one dessert and had a round of drinks. The bill came to \$76 before the tip, a virtual miracle at a sitdown restaurant in Connecticut, not to mention one in Fairfield County.)

Peter and Freddy own a restaurant called Cafe 22 in Prague where Peter lives. How they ended up with continent-spanning restaurants is a long story. Their family is from Connecticut, but in the 1990s they moved to the Czech Republic. Freddy moved back to the U.S. to go to college soon after, but his brother stayed overseas and still lives in Prague.

The star of their Connecticut restaurant is the pizza. While they may not win any competitions in an ultra-competitive state, they stand out with their thoroughly outside-the-(pizza)-box creations, each offered small or large. The peaches and bacon pie is a signature, with the smokiness of the bacon married to the sweetness of the sliced peaches thanks to Gorgonzola sprinkled generously on the pie.

“The peaches wouldn’t work without the Gorgonzola,” Freddy says. “If you take out the Gorgonzola it becomes a sweet pie and you don’t want to eat it, because it’s not a dessert and it’s not dinner.”

Even better was the Love Hate Pie, recommended to us by our server as his favorite. Sausage, pepperoni, red onions, cherry peppers, marinara sauce and mozzarella cheese combine with an intriguing jolt of spiciness.

Beyond the pizza, there are so many





menu options it's impossible to do a full sampling in one trip. We passed on ordering an extensive list of entrées ranging from Italian classics such as spaghetti and meatballs and chicken marsala to burgers and paninis.

We did, however, dig into some appetizers.

The shrimp casino (shrimp sautéed with bacon in garlic and white wine sauce) was solid and worth ordering again. The way the avocado caprese was described on the menu — “sliced tomato, avocado and fresh mozzarella shingled and finished with black truffle oil and balsamic glaze” — had our mouths watering, but didn't live up to our expectations.

But food is only one part of the equation of what makes Milano a compelling place. It has a sleek, open design with a welcoming, European feel. A good beer list included several Two Roads Brewing Co. offerings, as well as beers from SingleCut Beersmiths in Queens, New York. The cocktail list is extensive and includes the Manhattan, Old Fashioned, and other selections such as mojitos and margaritas.

After our meal, our waiter, who was unaware we were with the magazine, offered to buy a round. Though we turned him down, it was a nice gesture, and one that's too rarely seen in many of today's restaurants. He also informed us, to our surprise, that we would receive happy hour prices. Happy hour at Milano runs 3-7 p.m. Monday through Thursday, 3-6 p.m. Friday and 1-5 p.m. Saturday. It includes half-price appetizers and small pies, as well as \$7 cocktails and \$4 draft beers. These bargain prices paired with Milano's relaxed atmosphere and friendly staff make it a worthwhile stop in Bridgeport. We hope it's a part of downtown for years to come.



## Milano Wine Bar & Pizzeria

281 Fairfield Ave., Bridgeport  
203-275-8561, milanowinebar.com

**Price range:** Pizzas \$9.99-\$24.99 (small peaches and bacon \$11.99, small Love Hate Pie \$12.99); Apps: \$8.99-\$12.99 (avocado caprese \$11.99, shrimp casino \$12.99).

**Hours:** Sun.-Thu. 11 a.m.-10 p.m., Fri. & Sat. 11 a.m.-11 p.m.  
Wheelchair accessible

**AMBIANCE** An open design features a long bar and no separation between the bar and dining area. It is family friendly and the type of place you can throw tables together if you have a large group. A great mix of reggae music was played during our visit.

**SERVICE** One of the strengths of the restaurant is the relaxed, uncoached friendliness of the people who work here. Owner Freddy was on site during our visit and checked in to see how we were doing.

**FOOD** Not designed to get a Michelin rating, or turn heads with complex dishes, the restaurant is instead about good food at good prices. The pizza is enjoyable, with creative toppings.

## Carbonated Margarita

GERONIMO TEQUILA BAR,  
NEW HAVEN AND FAIRFIELD

Tequila is one of those drinks that divides drinkers. There are the casual folks who might have seen a shot or two, there are those who avoid it like the plague, and then there are the aficionados. The last kind drink at Geronimo in New Haven, where the mixologists there this past summer came up with the carbonated margarita, which they bottle on the premises in both New Haven and Fairfield.



Served in a 10-ounce bottle emblazoned with the Geronimo logo, alongside a salt-rimmed glass with ice, the margarita is tart and crisp. Even though summer is over, a taste of the Carralejo tequila blanco, Combier triple sec, and fresh lime juice will have you thinking back to warmer nights. Geronimo's setting helps, too, with a breezy feeling and open spaces. The margarita is carbonated on site, and they only bottle so many a week, so when it's gone, it's gone.

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| MICHAEL LEE-MURPHY |





# Box Score

WITH NEW SANGRIA LINE, NATIVE SON AND SOBE DRINK CREATOR KNOCKS ANOTHER ONE OUT OF THE PARK | BY MARYELLEN FILLO

Remember the days when boxed wine was a strict no-no? Today, boxed wines are gaining more acceptance. One of today's hottest drinks is sangria, and a Connecticut native is going all in with a boxed version of the fruity Spanish favorite. John Bello, the entrepreneur behind the SoBe brand of teas, juices and enhanced beverages, now brings Beso del Sol to the mainstream. With red, white and pink rosé sangria varieties, Beso del Sol can be found in stores and at venues including Fenway Park and Yankee Stadium. Bello offers some insight into his success and how his Plainville roots helped launch his business career.

## In 50 words or less, how did a guy from Plainville become a beverage king?

I am not a king. I am an unabashed capitalist. I took advantage of the opportunities and doors opened to me growing up in Plainville onward. That, seasoned with hard work and a dash of luck, and presto, an American success story. It was a journey, at every stop from Plainville High School to college to the military to grad school to a series of jobs in marketing. I met people, gained experience, made mistakes, had success, kept going and arrived at a place where I was terminally unemployable — a personality flaw. Snapple, AriZona, Clearly Canadian and other designer beverage concepts, all started by neophytes with no experience and no money, just a great concept. SoBe, the dueling lizards and

value-added nutritional elements combined to be a dynamite concept. That's more than 50 words, but who's counting?

## What has to be considered these days when developing and launching a product, especially given the immense competition and jockeying for shelf space, as well as the fussy whims of the consumer?

The success formula is simple: a timely and relevant product with great taste and packaging, a solid, committed team, and tons of money to fuel success. The key then is execution — relentless and nimble and ferocious. The beverage industry is a designer industry. The marketplace is always looking for the next exciting, new and different concept. SoBe was all of that, the first broad-market nutraceutical beverage with vitamins, minerals, herbs added that didn't taste like castor oil, innovative non-mainstream flavors, funky bottle, rainbow colors, great marketing and totally on trend with wellness and a dash of playfully irreverent sex appeal. Beso del Sol has all the success elements. It is an authentic, great-tasting sangria, on trend (varietal wines exploding), unique packaging

(boxed wine receptivity is growing), brand personality and premium priced yet reasonable for a lifestyle beverage. What clinched my interest were the founders. They were experienced, hungry, committed and knew the space. What they lacked was working capital to fuel growth. I led a group that financed Beso with investors that not only provided growth capital but added advisory experience.

## Your dad was in the beverage business, owning his own liquor store. Did the beverage bug bite you then?

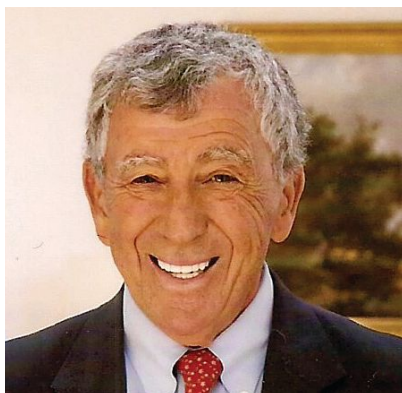
What I learned from my dad was self-reliance, perseverance, the value of hard work and dedication and what it takes to get back up when you are down. My dad was a self-made man. He was a good example of the immigrant American success story. Success here is defined as making it possible for his sons to get an education and go on to build fruitful and productive lives for themselves and their families. He did little for himself. He opened a liquor store after being laid off from his factory job as a cabinetmaker. I went with him to the unemployment office in Bristol to get



Beso del Sol offers a variety of sangrias.







John Bello

his check. He hated that. While my mom worked second shift at Fafnirs Bearings Co. in New Britain, he developed his own business. I helped him build the store next to our house on East Street — a very Italian thing to do. After securing a liquor license, he opened Jerry's Package Store (his name was Generoso — "Jerry" Americanized). I helped him in the store doing various jobs from waiting on customers (as a minor, no less), packing the shelves, creating now-illegal bonfires with the empty boxes, examining the coins in the cash register for the elusive 1909 VDB penny, and nicking a six-pack or two for mischief-making with the East Street Gang. I admit it.

**Wine connoisseurs have been well known to raise their collective eyebrows to boxed wines, going so far as to rudely refer to them as "the lowest level of the quality pyramid." What taste, cultural and mainstream trend elements did you consider when attempting to elevate the pedigree?**

I am not a wine snob. I have lots of friends who are. I don't drink that much, but I drink and love Beso Del Sol. Part of the reason for my involvement is that my wife Nancy tried it and began drinking it with me every evening. It's great since she heads the family investment committee. Beso comes in the bottle as well as the box, but the box got it going and is the main package.

**We seem to currently be in the midst of the craft beer, barrel-aged spirits rage. What do you see as the next trend in adult beverages?**

Wine, wine and more wine are where it's at in the spirits industry. Craft beers are proliferating and cannibalizing the big base brands such as Bud, Miller and Coors. I also see lifestyle mixed drinks like Moscow mules and Dark and Stormies [dark rum and ginger beer] as gaining popularity along with Sex on the Beach, mojitos, Dirty Blonde and other fashion mixed drinks. That and hard seltzers and lemonades are the spirits growth drivers, from my view.

**While I am sure you are a SoBe and Beso aficionado, are there any beverages you absolutely will not drink?**

I drink Beso because it's a pleasant, light sangria that goes well with anything or simply by itself. Truth be told, I never drank much SoBe. Too much sugar. Beyond Beso and an occasional glass of wine, I don't drink. I get high on life, as corny as that sounds or seems.

**What did you learn in Connecticut that took you forward in life? And do you come back often?**

I think people are born with latent personalities that are brought to life and nurtured and shaped by their environment. Growing up in Plainville and its environs prepared me for what was to come as I walked through all those doors into the future. Plainville (proud, diverse and industrious like many small towns in Connecticut) was a kind of cocoon which allowed me to find myself and develop. The safety net was always there. The support of family, friends (still my very best), teachers, Scout leaders, coaches and others provided a base of understanding and motivation to take a chance, develop and achieve. One stark learning experience was a brief stint at GE on the assembly line making circuit breakers. It was the first, but not the only time, I was fired. It was clear to me that an eight-hour shift on the factory floor was not the destiny for me. It did, however, give me a profound appreciation for what my mom and working-class Americans did every day. This helped in understanding and managing people and resources in the future. I do get back to Plainville for reunions or to visit my brother in Bristol, but I'm never going back to GE.

**Once upon a time, you were president of NFL Properties, the marketing arm of the football league. Now Beso del Sol is sold at both Fenway and Yankee Stadium. How did you swing that, and who do you root for?**

No question I have had fun in my endeavors. The NFL with all the players and personalities, SoBe with John Daly and Bode Miller, and now Beso with the Yankees and Sox were fun benefits of promoting lifestyle brands. I am a lifelong Yankee fan spawned by Mickey Mantle. I met him several times in my travels. What do you say to your idol whom you prayed wouldn't strike out as you held your transistor radio to your ear while delivering newspapers? He delivered the big hit more often than not. Having gone to school in Boston during the Yaz era, I learned to love the Red Sox, too. But the ubiquitous "B" on hats in New England always meant Brooklyn.

**besodelsangria.com**

# Craft Cruising

BY ERIK OFGANG

## Harvest Festival at Jonathan Edwards Winery Sept. 30 & Oct. 1

This annual festival returns to the scenic Jonathan Edwards Winery in North Stonington. Guests can enjoy wine, bands, food and picnicking from noon-6 p.m. both days. Additional festivities include face painting, photo booth, hayrides and a grape-stomping contest. Tickets are \$25 each day. **860-535-0202, jedwardswinery.com**

## Smoke in the Valley Craft Beer Festival

**Oct. 7** This popular festival returns to Matthies Field in Seymour. It features dozens of breweries and hundreds of beers, as well as music on two stages. The event is run by the Seymour Land Trust and raises money for several local nonprofits. To date, the annual festival has raised more than \$275,000. The event is 1-4:30 p.m. Tickets purchased in advance are \$30. **203-437-1009, smokeinthevalley.com**

**Sun BrewFest Oct. 7** The slogan for Mohegan Sun's annual beer festival is "let the good times flow." Festival-goers can do just that while enjoying more than 150 types of beer, a host of related festivities, and food from local restaurants. The grand tasting runs from 1-4 p.m. There is also an epic cornhole tournament that costs \$100 to enter for two-person teams. **888-226-7711, mohegansun.com**

**Harvest Bounty Brew Fest Oct. 14** Beer, wine and spirits will all be available to sample at this festival. There will also be music and food trucks including Snowden's Barbecue, The Whey Station and The Farm Truck by Winvian. The first 200 guests will go home with a tasting glass. Tickets are \$30 in advance, \$35 at the door, and \$15 for designated drivers. **860-567-8302, thecommunitycenter.org**

**Crazy Brew Bash Oct. 14** The third annual Crazy Brew Bash will take place at the Mount Southington ski resort. The festival features a wide variety of beers as well as raffles, live music, cornhole and food trucks from across the state. It runs from noon-4 p.m. Tickets are \$30. **crazybashes.com/crazybrewbash**

**G.O.A.T. Brew Fest Oct. 21** The Hartford Yard Goats' first season at Dunkin' Donuts Park in Hartford is in the books, and baseballs will give way to beers at this one-day beer fest. Breweries that signed on early to participate include Ballast Point, Goose Island, Jack's Abby, Long Trail, Shebeen and These Guys. Proceeds will benefit the Yard Goats Foundation, a Connecticut-based nonprofit that provides opportunities for local youths. The event runs from 1-5 p.m. Tickets are \$40. **860-246-4628, yardgoatsbaseball.com**

*Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com.*



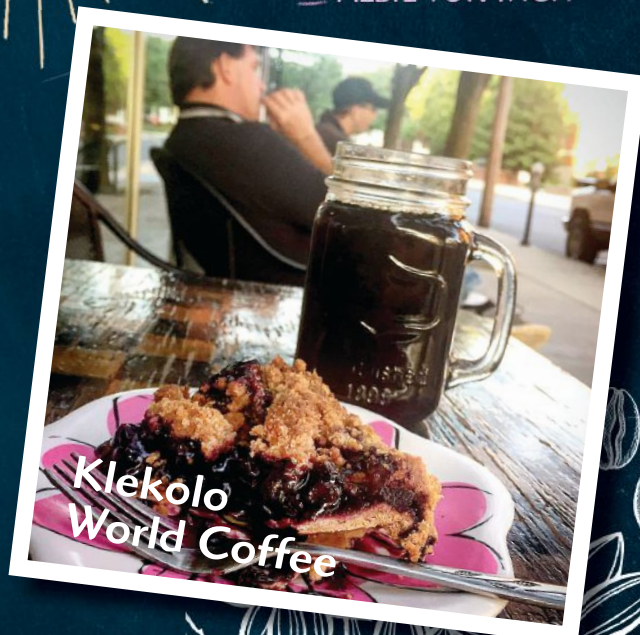
SERIOUS ABOUT JAVA?

THESE  
COFFEEHOUSES  
WILL CURE  
YOUR  
CRAVING



# Coffee BREAK

by ERIK OFGANG  
MICHAEL LEE-MURPHY  
MIKE WOLLSCHLAGER  
and ALBIE YURAVICH





Coffee in Connecticut doesn't generally get the same press as other beverages such as craft beer or wine.

We're here to change that by shining a light on some of the truly incredible coffee hot spots in the state. We selected locations where coffee-making has been elevated to an art form and where coffeehouse culture continues to thrive. Many of these places specialize in making manually brewed coffee, meaning it is made under the constant direction of a skilled barista. One popular type of manual brew is the pour-over, a method of brewing in which the barista pours hot water over the coffee grounds in a circular motion, while fastidiously controlling all variables, from brewing time to water temperature. If you haven't tried it yet, we highly recommend it.



## Blue State Coffee

NEW HAVEN AND HARTFORD

(ALSO BOSTON AND PROVIDENCE)

This family-run coffee company opened its first cafe in Providence, Rhode Island, in 2007, but now has three locations in New Haven and one in Hartford. When you think of Blue State, think coffee with a conscience. Emphasis is placed on the quality and variety of their products (all coffee is organic and fairly traded), but also on paying employees a fair wage and donating profits to the community. Two percent of sales go to local nonprofits — Blue State has donated over \$750,000 to date — and customers have a say in where the money goes by placing a token in any one of four jars labeled with the charity and its mission statement (the options change every six months).

[bluestatecoffee.com](http://bluestatecoffee.com)



## J. René Coffee Roasters

WEST HARTFORD

This coffeehouse and roastery takes coffee seriously; very seriously. The menu features espresso drinks made with blends that have been carefully chosen and taste-tested to produce the desired flavor profile, and the manual coffee-brewing methods offered include siphon pot, pour-over and French press. The coffee shop itself boasts communal tables in a large, open space that overlooks the coffee-roasting equipment. But, telecommuters take note, the emphasis here is on coffee and conversation, so Wi-Fi is not offered.

860-461-7858, [jrenecoffee.com](http://jrenecoffee.com)



## Source Coffeehouse

### BRIDGEPORT

Owners Matthew and Courtney Hartl's passion for coffee borders on obsession. They sweat the details, from water-to-coffee brewing ratios to temperature variations to bean origin. Their specialty is the pour-over, which connoisseurs drink without milk or sugar (although both are still offered). Located in the Black Rock neighborhood (unofficially, "Bridgeport's Brooklyn"), this local institution has an open layout where guests can stretch out and relax while enjoying a variety of drinks. Source recently went mobile with a coffee truck available for private events. It also serves as a satellite location for Source during the Black Rock Farmers Market and will be parked at 4700 Park Ave. in Bridgeport serving coffee Thursdays, Fridays and Sundays. 203-522-6662, [sourcecoffeehouse.com](http://sourcecoffeehouse.com)

## The Coffee Pedaler

### NEW HAVEN

Even in a city filled with great coffee and coffeehouse options, Ryan Taylor's bicycle-themed cafe stands out. The neighborhood space has polished wood tables and exposed brick walls that serve as the chic art gallery-like backdrop for Taylor and company's caffeine-powered creations. Like many other coffeehouses on this list, the specialty at Coffee Pedaler is the pour-over — made here with great skill — but there are also cappuccinos, lattes and house concoctions such as the summer special, a shot of espresso served in a ginger beer with a lime garnish. 732-595-6414, [facebook.com/thecoffeepedalernewhaven](http://facebook.com/thecoffeepedalernewhaven)

## Tusk & Cup Fine Coffee

### RIDGEFIELD AND WILTON

These sister coffee shops are steeped in Italian traditions, from the cappuccino (which originated in Italy) to more unusual drinks such as the marocchino (a foamy

espresso drink flavored with Nutella) and a full assortment of gelato available to consume with your coffee. Though Tusk & Cup does not offer pour-overs, it does have single-origin, specialty blends made with a Bunn Trifecta coffee machine, which creates a cup of artisan coffee that can hold its own against many of the manual brews offered elsewhere.

Ridgefield: 203-544-0800

Wilton: 203-762-6230, [tuskandcup.com](http://tuskandcup.com)

## Lorca

### STAMFORD

Lorca offers enough artisan coffee options to keep a hipster happy. Pour-overs, cappuccinos, lattes, Americanos and more are all made well here and feature Counter Culture Coffee-roasted beans. In addition to coffee, the spot is known for its Spanish pastries. Owner Leyla Jenkins traveled to Sevilla to learn the art of churro-making before opening Lorca. Today, churros and other pastries such as alfajores (butter cookies with dulce de leche, coconut and powdered sugar) are part of what makes a visit to Lorca so worthwhile. The Spanish influence can also be seen in coffee drinks including the Lorchata (cold-brew coffee and horchata, rice milk lightly sweetened and spiced, over ice).

203-504-2847, [lorcastamford.com](http://lorcastamford.com)

## NEAT Coffee

### DARIEN

One of Connecticut's first new-wave artisan coffee spots, NEAT is "quality obsessed," only serving seasonal single-origin coffees that are roasted in house. Nitro cold-brew coffee and pour-overs are offered alongside a full assortment of espresso drinks in a roomy, sleek space. NEAT's staff is rigorously trained and they are constantly taste-testing various coffees and brewing methods. The goal is to change people's expectations about what a coffee can be, and the quality of their drinks do just that. 203-202-7215, [neatcoffee.com](http://neatcoffee.com)



## Shearwater Coffee Bar

### FAIRFIELD

The moment it opened over the summer, Shearwater took its place among the elite coffee spots in the state. The cafe arm of Shearwater Organic Coffee Roasters, which is based in Trumbull, this new kid on the artisan coffee block offers an assortment of manual-brew techniques including siphon, aeropress and pour-overs. There is also nitro and regular cold-brew coffee on tap. Located within the Brick Walk section of downtown Fairfield, Shearwater has floor-to-ceiling windows and a coffee bar that is lower than a standard bar to allow guests to interact with the barista and learn about the coffee-making process.

203-955-1098, [shearwatercoffeeroasters.com](http://shearwatercoffeeroasters.com)

## Giv Coffee

### CANTON

We often associate the coffee-shop experience with young urban professionals and busy city streets. But on the scenic stretch of Route 44 that goes through Canton in the Farmington River Valley, Giv Coffee could compete with any of the nicest, freshest roasts available in the trendiest city neighborhoods.



Tusk & Cup Fine Coffee



Source Coffeehouse





## NEAT Coffee

MARC JARWUTOWSKI

Why are the roasts so fresh? Well, they don't have to travel very far before they make it to your cup. Giv's beans are roasted right downstairs, in the same building as the cafe. Giv Coffee's beans are also sold throughout the state, including to New Haven's Jitter Bus coffee truck, subject of a profile in our August issue.  
860-764-0023, [givcoffee.com](http://givcoffee.com)

## Willoughby's Coffee & Tea

NEW HAVEN, BRANFORD AND MADISON  
Willoughby's is the grand dame of New Haven's many coffee shops, having been around for some 32 years. In the Elm City, the name "Willoughby's" is synonymous with everything that a coffee shop entails: fresh coffee, a place to catch up with friends or do a bit of reading, or to simply watch the world go by. Since its start in New Haven (where there are two locations, on Church Street and on York), Willoughby's has traveled up the shoreline, expanding into Madison and Branford.  
800-388-8400, [willoughbyscoffee.com](http://willoughbyscoffee.com)

## Klekolo World Coffee

MIDDLETOWN  
This Middletown fixture sells T-shirts that announce the Court Street hideout as the "center for world domination." This is a somewhat tongue-in-cheek reference to the habit of some well-known corporate chains to metastasize into every corner of our world, but it is perhaps a sincere declaration that this coffee shop is entirely content in its own skin, at peace with its place in the world. It's also a hub for serious coffee drinkers, with a drip bar for made-to-order cups of coffee.  
860-343-9444, [klekolo.com](http://klekolo.com)

## Koffee?

NEW HAVEN  
Koffee has been serving up brew to the ballet dancers, musicians, professors, students and all other assorted denizens of New Haven's Audubon Street since

1992. The shop has a particularly laid-back vibe, with a hodgepodge of couches and comfy chairs. After 5 p.m., you can also have a beer if you prefer your coffee-shop conversation with a slightly different energy. (Though don't be misled: Koffee? is not a bar.) Sandwiches, muffins and salads are there for the lunchtime crowd, while the regular music offerings will keep you coming for more than the coffee.  
203-465-6244, [koffeenewhaven.com](http://koffeenewhaven.com)

## Dom's Coffee

AVON  
This European-style, high-end coffee shop has an open design with white walls and polished wood tables. The coffee is made using roasts from J.René in West Hartford and the specialty is French press as well as a variety of espresso drinks. The shop also offers cold-brew and nitro cold-brew coffee served on tap. The cappuccino, made from a blend of various beans, is full-bodied and gives drinkers a jolt of energy. The regular (non-nitro) cold brew is darker than some cold brews with a rich, thick mouthfeel. A variety of pastries are also offered to wash down with your beverage. It's the perfect spot to visit on a jaunt to this scenic portion of the state.  
860-255-7232, [domscoffee.com](http://domscoffee.com)

## Arethusa a mano

BANTAM  
"A mano" means "by hand," and that's the way they do things at this coffee shop and bakery on Route 202 in the rolling Litchfield Hills. Bagels and doughnuts are rolled by hand, pastries and sandwiches are hand crafted, as is the Stumptown-roasted coffee. Situated across the street from Arethusa Farm Dairy, not to mention the upscale, farm-to-table Arethusa al tavolo, this "farm chic" coffee spot has the benefit of the freshest milks, creamers and other dairy products around. Highlights of the coffee offerings are the Americano and the nitro coffee on draft, which cascades in your glass like a Guinness. The changing-with-

the-seasons food menu features a delicious bacon, egg and cheese sandwich with a blend of Arethusa cheeses on a house-made English muffin or pain au lait roll.  
860-567-5722, [arethusafarm.com/a-mano](http://arethusafarm.com/a-mano)

## Vault Coffee Roasters

MYSTIC  
Nestled in lovely Olde Mistick Village, with its wondrous array of shopping, food and entertainment choices, Vault serves up an intriguing mix of coffee drinks and pour-overs. If you appreciate simple, but powerful, goodness, order a black velvet, which is cold-brew coffee with cream and a touch of vanilla over ice. Back for the fall is the popular hot caramel apple cider, made with cider from Mystic's B.F. Clyde's Cider Mill. You can also take plenty of the small-batch coffee home with you, as Vault sells bags of its roasted beans. Also worth sampling are the baked goods and crêpes, made fresh daily two doors up at Vault's sister restaurant, Mango's Wood-Fired Pizza Co.  
860-415-5045, [vault.coffee](http://vault.coffee)

## Ashlawn Farm Coffee

OLD SAYBROOK  
If you're passing through the Old Saybrook train station — and even if you're not — make a stop at this cafe at the Saybrook Junction Marketplace next to the station. With a rustic charm and coziness that echoes its closed-for-the-season farm location across the Connecticut River in Lyme, the cafe will make you feel right at home as you sip their freshly brewed specialty coffees. Using only specialty grade Arabica green beans, Ashlawn does all of its own roasting. Their cold-brew game is strong, as is the Turkish cold-brewed iced coffee with house-made cardamom syrup. The wide selection of baked goods, including maple pecan scones and French toast bagels, are sure to please. And their sausage, egg and cheese biscuit sandwich would be right at home on any farmer's table.  
860-434-3636, [farmcoffee.com](http://farmcoffee.com)



## Arethusa a mano

ARETHUSA FARM



# How Sweet It Is

GUILFORD'S THAI SWEET TREATS UNVEILS MENU OF STEAM-FOCUSED DISHES AND DESSERTS

BY MICHAEL LEE-MURPHY

So you've been to a Thai restaurant. You know your way around the staple dishes like pad thai and green curry. Maybe you've even sampled a drunken noodle. But what about sweet coconut meat mixed with tapioca flour, sugar and egg? At Thai Sweet Treats on the Post Road in Guilford, an expansive — though not expensive — menu will introduce you to some Thai delicacies you might not find on other menus.

According to owner and head chef Yanyong Saramano, who goes by the nickname Nong, his restaurant is where other Thai chefs come to eat, and where Connecticut's Thai population can find dishes from home that they can't find anywhere else. Nong came from Thailand to New England in 1995, first living in Boston before making his way to the New Haven area. In 1998 he traveled back to his hometown of Phetchabun in central Thailand to bring his family to Connecticut, and cooked in the kitchen of the dearly departed Bangkok Gardens on York Street.

Since February 2016 he has operated his own place at Thai Sweet Treats, along with his wife Phitsami. Nestled in a modest space next to pizza favorite Bufalina, Thai Sweet Treats (as the name suggests) prioritizes its dessert offerings, but its savory menu is worth sampling as well.

The golden crab appetizer (\$7.95) features crab meat mixed with shrimp, pork, scallion and oyster sauce, wrapped in dried bean curd, and served with sweet and sour sauce. The dish features a subtle taste that is not overpowering, but still distinctive. The summer rolls (\$6.95) are packed with chicken, vegetables, vermicelli pasta, and served with brown or avocado sauce. Also on the menu are a creative selection of salads, and a familiar lineup of soups, including Thai ramen (\$10.95) with rice noodles, bean sprouts, cilantro, egg, chicken and crispy pork.

The vast majority of Thai Sweet Treats' dishes, including its many desserts, are steamed. The star of the non-dessert part of the show for this writer was the steamed fish wrapped in banana leaves (\$10.95). The whitefish is blended with coconut curry and vegetables, and has a texture resembling a quiche. There are a few hot peppers involved here, so the spice is real.

As a throwback to the days when Nong would man a Thai food cart on Prospect Hill in New Haven, the lemongrass chicken



dish (\$10.95) has a wonderful street food soul to it. The chicken is marinated with a house-made sauce and lemongrass, and served with sticky rice and sour sauce.

Other main dishes include honey duck (\$18.95), a half boneless duck with honey sauce, served with ginger and asparagus; Thai spaghetti (\$10.95) with steamed egg noodles, pork, shrimp, bean sprouts, bok choy, ground peanuts, soy sauce and lime juice; and salmon three lover curry (\$15.95) with Thai curry sauce, avocado, asparagus and mango served with white rice.

The desserts are where Thai Sweet Treats really takes off. Moving from the main meal to dessert also hammers home the diversity of the humble coconut, as it features heavily across both parts of the menu. Thai coconut cake (\$5.95), in which coconut meat is boiled with flour, sugar, coconut milk and egg, is a pastry-type dish that is not really a pastry. It's sweet without being overly so, and creates a nice palate cleanser after the spiciness of the main menu. The Thai coconut balls have many of the same ingredients, though the dish is sweeter than the cakes. The 20 or so dessert options also feature golden flowers (\$6), egg yolk mixed with rice flour cooked in boiling syrup; sweet purple sticky rice with Thai custard (\$5.95); Thai layer cake (\$5.95), rice flour mixed with tapioca flour, arrowroot starch, sugar, coconut milk and pandan leaves; and Thai mango bean pudding (\$5.95).

Bubble teas (\$3.50) are offered in flavors as broad ranging as lychee, taro and honeydew. The dessert menu is reason enough to go.

## Thai Sweet Treats

1060 Boston Post Road, Guilford

203-533-5594, [thaisweettreats.com](http://thaisweettreats.com)

Hours: Tue.-Sat. 11:30 a.m.-9 p.m. Closed Sun. & Mon.

Wheelchair accessible

## Tapioca Custard

MILLWRIGHT'S RESTAURANT,  
SIMSBURY



The signature dish from Tyler Anderson, the James Beard-nominated chef and owner of Millwright's, is made with clams, bacon, onion, potato and fennel. It's a far cry from other tapiocas you may have had. Described on the menu as having "all the flavors of clam chowder," the dish does indeed, but with a quite different consistency. Instead of being soupy, it is solid with subtle crunchiness that adds to its appeal. A dining companion likened it to a latke, although that analogy has its limits.

It is served alongside warm cornbread, a comfort-food piece of heaven and the perfect tool for scooping up the tapioca.

An appetizer with a \$15 price tag, Anderson says it's designed to be enjoyed as part of the seven-course tasting menu (\$80). This tasting option is well worth it for those who have the time, as it turns the meal into an evening-long event that is hard to forget. During our visit the tasting was an extravaganza of flavor that included meat and fish courses as well as pre-dessert (a course I've never had before but now can't live without) and dessert.

The locally sourced menu is constantly changing with the seasons, but one dish



that Anderson says he can't ever remove is the tapioca — when he's tried in the past, people always ask for it and get mad if it's not there. It's an understandable feeling, because on my return visit I'm not sure what else I'll be getting, but my meal will definitely include the tapioca custard.

860-651-5500, [millwrightsrestaurant.com](http://millwrightsrestaurant.com)

| ERIK OF GANGL |



# Raising The (Chocolate) Bar

BETHEL COUPLE BEHIND LASER-ENGRAVING CHOCOLATE BUSINESS | BY ERIK OFGANG

The laser shoots onto the square piece of dark chocolate, small sparks fly in the air and thin wisps of smoke rise from the bar. Little by little a personalized message starts to form.

"It's not a super-high-powered laser, because we don't need that," explains Jennifer Sauvageau as she watches the *Connecticut Magazine* logo and a short note being engraved on a piece of chocolate. Jennifer owns Noteworthy Chocolates with her husband Michael Sauvageau. The Bethel company uses lasers to engrave large bars of chocolate with personalized messages, creating one-of-a-kind gifts that can be mailed to recipients regardless of where they live, or given out as favors at weddings or other events.

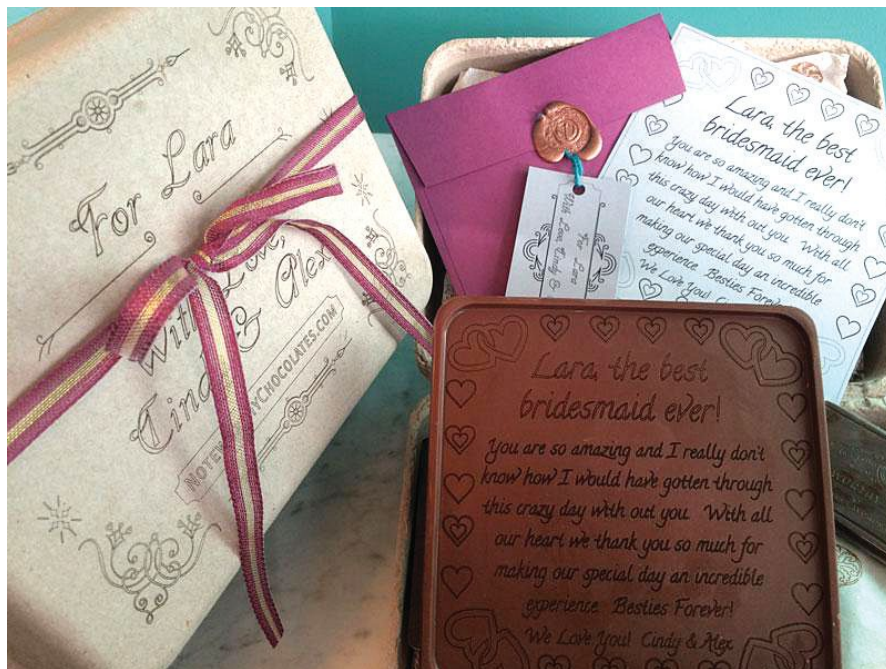
We're inside Noteworthy's laser room, within the company's small headquarters in an office space above Molten Java, a Bethel coffeehouse. The laser room has the metallic surfaces of a lab or industrial kitchen; there are slabs of chocolate on cabinets and the smell of cocoa fills the room.

Noteworthy Chocolates is the only company in the world that offers laser-engraved chocolates to customers, say the Sauvageaus, and a patent for the concept is pending. (There are other laser enthusiasts who have engraved chocolate for fun, but no one else, as far as they can tell, is doing it as a business.)

Prior to opening Noteworthy Chocolates, the couple owned Try Out Toys Entertainment for more than a decade. With that venture they encouraged people to play and learn juggling feats. The business faltered after a large company approached the Sauvageaus about working together, learned about their product, then released a similar product. The Sauvageaus didn't get royalties and Try Out Toys Entertainment could no longer compete.

In need of a new business venture, they decided Michael would attend the Event Planner Expo in New York City. "Because of our experience as an entertainment company, we were exploring other party and event services we could provide if we formed another entertainment-services type of company," Jennifer says.

Michael spent a day walking the length and breadth of the large convention, but none of the potential business ideas appealed to him. Dejected on the train ride back to Connecticut, he thought about what was missing at the convention. He realized almost every booth he had visited had some type



of chocolate. Separately he had been interested in lasers and thought the two could perhaps be combined.

He wondered if you could use a laser to carve messages in chocolate or to cut chocolate pieces into puzzle shapes. He and Jennifer decided to experiment at the Danbury Hackerspace, which had recently purchased a laser.

"I bought some generic chocolate bars, we showed up there and I was like, 'Hey, I want to use your laser to try laser engraving chocolate,' Michael says. "The guy there said, 'That sounds crazy! Come on, let's go.'"

It turns out you can't make chocolate puzzle pieces with lasers. "Cutting out chocolate with laser makes soup, which is not very good," Michael says. But, you can engrave chocolate with a laser when the conditions are right.

With experimentation, the Sauvageaus honed the process. They learned chocolate made with more cocoa butter and less sugar worked better and that the laser had to be on a weak setting to not burn the chocolate during the engraving.

In the spring of 2016 they launched a Kickstarter campaign that raised \$28,000, providing them with the capital they needed to launch the business last November.

Today, when the chocolate notes are mailed, each comes in a box that is also engraved with an individualized message. A wax-sealed envelope contains a copy of the chocolate message, so recipients can hold onto whatever heartfelt words were

sent. There is also a small, separate piece of chocolate, because the Sauvageaus have learned people never want to eat the card right away, but always feel like having a little chocolate.

The company ships chocolate year round and has devised a package system utilizing 99 percent sustainable products that works as a cooler, protecting the chocolate and keeping it from melting. Dark, milk and white chocolate is offered. The chocolate is purchased from an artisan producer in California. It is Fair Trade certified, as allergy free as possible, and free of gluten, peanut, tree nut, egg and shellfish.

There are a variety of bar sizes, but prices range from \$35-\$60 with shipping costing a maximum of \$10 anywhere in the U.S. Chocolate party favors range from \$3-\$10. Orders can be placed online or by stopping by the Bethel location.

The chocolate with *Connecticut Magazine*'s logo was completed after a few minutes as we watched. At the end of our interview, the Sauvageaus gave it to me. It looked too cool to eat, and for a while I resisted the lure of the creatively engraved cocoa. But, after a while, I couldn't hold out and broke off a piece. It tasted just like it looked, sweet and worth savoring.

## Noteworthy Chocolates

213 Greenwood Ave., Bethel  
203-456-6894, noteworthychocolates.com



# dining guide

OCTOBER 2017



|                  |    |
|------------------|----|
| Fairfield .....  | 84 |
| Hartford .....   | 85 |
| Litchfield ..... | 87 |
| Middlesex .....  | 88 |
| New Haven .....  | 88 |
| New London ..... | 90 |
| Tolland .....    | 91 |
| Windham .....    | 91 |

## openings

**Osa, Middletown** Hype has long been building for this restaurant from chef Matt Wick, formerly of River Tavern, and Kevin Wirtes and Rich Garcia, owners of Krust, the popular gourmet pizza spot in Middletown. Osa features wood-fired small plates, cocktails, whiskey, wine and local beer. "We want to cook with ingredients that we love. The heart of the restaurant is highlighting the environment here in Connecticut and New England," Wick told cteatsout.com. **860-358-9782, osarestaurant.com**

**Saltwater, Norwalk** This new bar and restaurant has an expansive space with a striking mural of a squid on one wall. Its seafood-driven, "Nantucket inspired" menu utilizes fish bought fresh daily from the New York fish market. The place seems primed to make a splash in the hyper-competitive Norwalk dining scene. **203-939-9502, saltwatersono.com**

**Artisan, West Hartford** The third Artisan restaurant officially opened in September in West Hartford. Existing locations are in Southport and Newfane, Vermont. Located within the Delamar Hotel, Artisan West Hartford is a collaboration between restaurateur Rick Wahlstedt (owner of L'Escale in Greenwich), Charles Mallory, from the Greenwich Hospitality Group, and Chef Frederic Kieffer

*A monthly look at some of what's new and exciting on the Connecticut dining scene*

(opening chef at L'Escale and Artisan). The food is New England-inspired, farm-to-table seasonal cuisine. **860-937-2525, artisanwesthartford.com**

**The Station, Naugatuck** Housed in the old Naugatuck train station building which dates to the 1800s, this restaurant had its official opening in August with great fanfare. The newly renovated, historic space has been praised by visitors to the restaurant. The bar and restaurant offers a mix of beer, wine cocktails and a menu that features many Italian food items. **203-714-6611, facebook.com/thestationrestaurantnaugatuck**

**White Horse, New Preston** This beloved country pub expanded over the summer with a new dining room inside and additional outdoor seating beside the river. The showstopping new dining area includes antique touches such as hand-carved barn doors and 150-year-old wood beams from Pennsylvania. The warm atmosphere, reminiscent of a pub that would not be out of place in the writings of J.R.R. Tolkien, and ownership remain unchanged. **860-868-1496, whitehorsecountrypub.com**

*Know of a new Connecticut restaurant?  
Email Erik Ofgang at eofgang@connecticutmag.com.*

## Fairfield County

**Amba Vilas Palace • Indian • EP** Dedicated to creating the finest-quality products by using only the very best ingredients from around the world. • 54 Pembroke Road, Danbury, 203-746-6425 [ambavilaspalace.com](http://ambavilaspalace.com). Closed Mon. L D, \$

**Aranci 67 • Italian • EP** Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 [aranci67.com](http://aranci67.com). Closed Sun. D, L (Mon.-Fri.), \$\$, WA

**Archie Moore's Bar & Restaurant • American • EP** Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 [archieмоore.com](http://archieмоore.com). Open daily. L D LS, \$

**Bailey's Backyard • Farm to Table • EP** A farm-to-table restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 [baileysbackyard.com](http://baileysbackyard.com). Closed Mon. L D SB, \$\$\$

**Bar Sugo • Italian • EP RC** This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 [barsugo.com](http://barsugo.com). Open daily. D SB, \$, WA

**Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP** Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 [barcelonawinebar.com](http://barcelonawinebar.com). Open daily. L D LS SB, \$

**bartaco • Mexican • EP** Enjoy unique taco recipes and a wide variety of tequilas on the patio at this seaside bar. • 20 Wilton Road, Westport, 203-222-8226 [bartaco.com](http://bartaco.com). Open daily. L D, \$, E

**Basso Cafe • Mediterranean** Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 [www.bassobistrocafe.com](http://www.bassobistrocafe.com). Closed Mon. L (Tues.-Sat.), D, \$\$\$

**Bernard's • French • EP RC** Consistently serving perfectly executed seasonal entrées in an elegant country setting. *Wine Spectator* Award of Excellence. • 20 West Lane, Ridgefield, 203-438-8282 [bernardsridgefield.com](http://bernardsridgefield.com). Closed Mon. L D SB, \$\$\$, E, WA

**Bodega Taco Bar • Mexican • EP** Offers up inventive, doing-their-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 [bodegatacobar.com](http://bodegatacobar.com). Open daily. L, D, LS (Fri.-Sat.), SB, \$

**Brasitas • Latin Fusion • EP** Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 E. Main St., Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 [brasitas.com](http://brasitas.com). Open daily. L D, \$\$\$

**Brick + Wood • Pizza/Italian • EP** This artisan pizza emporium offers some of the best Napolitano-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 [lovelifeandpizza.com](http://lovelifeandpizza.com). Closed Mon. L, D, \$

**Butcher's Best Country Market • Deli** Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 [butchersbestmarket.com](http://butchersbestmarket.com). Closed Sun. L, \$

**Casa Villa • Mexican • EP** Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 [casavillarestaurant.com](http://casavillarestaurant.com). Open daily. L, D, LS (Fri.-Sat.), \$, WA

**Cask Republic • American • EP** Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 99 Washington St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford, 203-348-2275 [caskrepublic.com](http://caskrepublic.com). Open daily. L D, \$

**Char • American • EP** Contemporary American restaurant that has a menu that changes seasonally and sources local meats, produce and cheese whenever possible. • 2 South Water St., Greenwich, 203-900-1100 [charct.com](http://charct.com). Open daily. L (Mon.-Fri.) D, \$

**Coalhouse Pizza • Pizza • EP** Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 [coalhousepizza.com](http://coalhousepizza.com). Open daily. L D, \$, WA

**Coromandel Cuisine of India • Indian • EP** Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 [coromandelcuisine.com](http://coromandelcuisine.com). Open daily. L D SB, \$, WA



**Crave • American • EP RC** Dishes like eggplant stack, fish tacos, the Crave 52 Burger, meatball and lobster ravioli are served in an atmosphere that provides a seamless extension from elegant dining into a stylish, attractive bar setting. • 52 Sanford St., Fairfield, 203-292-8080 [crave52.com](http://crave52.com). Open daily. L D SB, \$\$, E, WA

**Elm • American • EP** World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 [elmrestaurant.com](http://elmrestaurant.com). Closed Mon. D SB, \$\$\$, WA

**F.I.S.H. • Seafood • EP** This mod-elegant restaurant features a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, 203-724-9300 [fishstamford.com](http://fishstamford.com). Open daily. L (Mon.-Thurs.) D, \$\$\$, WA

**The Fez • Moroccan • EP** In addition to excellent Moroccan fare—with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up equally as eclectic live music nightly. • 227 Summer St., Stamford, 203-324-3391 [thefez1.com](http://thefez1.com). Open daily. L (Mon.-Fri.) D LS, \$\$, E

**Frank Pepe Pizzeria Napoletana • Pizza** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 [pepespizzeria.com](http://pepespizzeria.com). Open daily. L D, \$, WA

**Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP** Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 [geronimobarandgrill.com](http://geronimobarandgrill.com). Open daily. L D LS, \$\$

**The Hideaway • Pub • EP** Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 [thehideawayridgefield.com](http://thehideawayridgefield.com). Open daily. L D LS, \$, E

**Homestead Inn — Thomas Henkelmann • French** Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 [homesteadinn.com/thomas-henkelmann](http://homesteadinn.com/thomas-henkelmann). Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

**Ibiza Tapas Danbury • Tapas • EP** Surround yourself with the sights, sounds, flavors and scents of Spain, with both hot and cold as well as traditional and modern tapas. • 93 Mill Plain Road, Danbury, 203-616-5731 [ibiza-tapas.com](http://ibiza-tapas.com). Closed Mon. D, LS (Fri.-Sat.), \$, WA

**Ichiro • Sushi • EP** Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 [ichirodanbury.com](http://ichirodanbury.com). Open daily. D, LS (Fri.-Sat.), \$\$\$

**Joseph's Steakhouse • American • EP** Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 [josephssteakhouse.com](http://josephssteakhouse.com). Open daily. L (Mon.-Fri.) D, \$\$\$, WA

**Kawa Ni • Asian • EP** A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 [kawaniwestport.com](http://kawaniwestport.com). Closed Mon. L (Tues.-Sat.) D LS (Tues.-Sat.), \$\$\$

**Kotobuki Japanese Cuisine • Sushi • EP** Rated “one of the best sushi restaurants” by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 [kotobukijapaneserestaurant.com](http://kotobukijapaneserestaurant.com). Closed Mon. L (Tues.Fri.) D, \$\$\$

**l'escale • French • EP** A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 [lescalerestaurant.com](http://lescalerestaurant.com). Open daily. B L D LS SB, \$\$, WA

**Liana's Trattoria • Italian • EP** Traditional Italian cuisine served in the atmosphere of an authentic Italian bistro. • 591 Tunxis Hill Road, Fairfield, 203-368-1235. Closed Sun.-Mon. D, \$\$\$, WA

**Little Barn • Pub • EP** Burgers, tacos and farm-fresh salads, served up in a casual atmosphere with an outdoor patio and fireplace. • 1050 Post Road E., Westport, 203-557-8501 [littlebarnct.com](http://littlebarnct.com). Open daily. L D, \$, E

**Little Pub • American • EP** Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, 203-544-9222 [littlepub.com](http://littlepub.com). Open daily. L D, \$\$

**Local Kitchen and Bar • American • EP** Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 [sonolocal.com](http://sonolocal.com), [fairfieldlocal.com](http://fairfieldlocal.com). Open daily. L D SB, \$\$, WA

**Match • American • EP RC** The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 [matchsono.com](http://matchsono.com). Open daily. D L (Wed.-Fri.), \$\$\$

**Mecha Noodle Bar • Asian • EP RC** Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 [mechanoodlebar.com](http://mechanoodlebar.com). Open daily. L D, \$

**Mezon • Mexican • EP RC** An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 [mezonct.com](http://mezonct.com). Open daily. L D SB, \$

**Mill Street Bar & Table, Greenwich • American • EP** Seasonally driven menu from the Northeast land and sea, with two dining rooms, an oyster bar, a full-service bar, comfy cocktail lounge and heated patio. • 230 Mill St., Greenwich, 203-813-3323 [millstreetct.com](http://millstreetct.com). Closed Sun.-Mon. D, \$\$\$

**Paci • Italian** Exceptional Italian cuisine which redefines classic dishes while creating new ones using the highest quality of fresh organic ingredients. • 96 Station St., Southport, 203-259-9600 [pacirestaurant.com](http://pacirestaurant.com). Closed Sun. & Mon. D, \$\$\$, WA

**Pho Saigon, Bridgeport • Vietnamese • EP** The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, \$

**Pho Vietnam • Vietnamese • EP RC** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 [phovietnamrestaurant.com](http://phovietnamrestaurant.com). Open daily. L D, \$, WA

**Pink Sumo • Sushi • EP RC** Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 [pinksumoct.com](http://pinksumoct.com). Open daily. L D, \$\$\$

**Positano Ristorante • Italian** This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 [positanosrestaurantwestport.com](http://positanosrestaurantwestport.com). Open daily. L D SB, \$\$, E

**Redding Roadhouse • American** This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 [thereddingroadhouse.com](http://thereddingroadhouse.com). Open daily. L D SB, \$\$, E, WA

**Roberto's • Italian • RC** Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 [robertosmonroe.com](http://robertosmonroe.com). Open daily. L (Sun.), D, \$\$\$

**Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC** Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specialties and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 [salepeperestaurant.com](http://salepeperestaurant.com). Open daily. L D, \$\$, WA

**The Schoolhouse at Cannondale • American • EP** With the motto “Fine. Fresh. Simple,” the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 [schoolhouseatcannondale.com](http://schoolhouseatcannondale.com). Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

**Shiki Hana • Sushi • EP** This low-key restaurant offers a variety of sushi rolls, hibachi dishes and Japanese bento meals. • 222 Post Road, Fairfield, 203-259-5950 [shikihanafairfield.com](http://shikihanafairfield.com). Open daily. L (Mon.-Sat.) D, \$\$\$

**The Sitting Duck Tavern • American** Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 [sittingducktavern.com](http://sittingducktavern.com). Open daily. L D LS SB, \$\$\$

**South End • American • EP** South End's food philosophy is a simple one; uncomplicated, seasonal, flavorful food, with an atmosphere that is casual. • 36 Pine St., New Canaan, 203-966-5200 [southendnewcanaan.com](http://southendnewcanaan.com). Open daily. L (Wed.-Sat.), D SB, \$\$\$, E

**The Spinning Wheel • American • RC** Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 [swredding.com](http://swredding.com). Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

**The Spread • American • EP** The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 [thespreadsono.com](http://thespreadsono.com). Open daily. D SB, \$\$\$

**Stanzio's • Pizza • EP** Wood-fired pizza made using organic, seasonal ingredients from local farms and artisans. • 35 Lake Ave. Ext., Danbury, 203-885-1057 [stanzios.com](http://stanzios.com). Closed Sun. L (Mon.-Fri.), D, \$, WA

**Tequila Mockingbird • Mexican** The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 [tequilamockingbirdnc.com](http://tequilamockingbirdnc.com). Open daily. D, \$\$\$

**Thali • Indian • EP** The ambience in each of Chef Prasad Chirmomula's restaurants is unique, but what ultimately distinguishes them is the flavorful food. • 296 Ethan Allen Hwy., Ridgefield, 203-894-1080 [thali-ridgefield.com](http://thali-ridgefield.com). Open daily. L, D, LS (Fri.-Sat.), SB, \$\$\$

**Toro • Sushi • EP RC** Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment. • 28 Church Hill Road, Newtown, 203-364-0099 [tororestaurantnewtown.com](http://tororestaurantnewtown.com). Open daily. L D LS (Fri.-Sat.), \$\$\$

**Valencia Lucheria • Latin American • EP** Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 [valencialucheria.com](http://valencialucheria.com). Open daily. B L D, \$\$\$

**Wafu Asian Bistro • Asian** Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 [wafuasianbistro.com](http://wafuasianbistro.com). Open daily. L D, \$

**Walrus + Carpenter • Barbecue • EP** Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 [walruscarpenterct.com](http://walruscarpenterct.com). Open daily. L D, \$\$\$, WA

**The Whelk • Seafood • EP** Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 [thewelkwestport.com](http://thewelkwestport.com). Closed Sun.-Mon. L (Tues.-Thurs.), D, \$\$\$

## Hartford County

**Apricots Restaurant & Pub • American • EP** Contemporary cuisine featuring regional American products as well as a selection of items from Europe and the Far East. • 1593 Farmington Ave., Farmington, 860-673-5405 [apricotsrestaurant.com](http://apricotsrestaurant.com). Open daily. L D, \$\$\$

**@the Barn • American** This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 [athebarngranby.com](http://athebarngranby.com). Closed Mon. L D (Tues.-Sun.), \$, WA

**Àvert Brasserie • French • EP** Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 [avertbrasserie.com](http://avertbrasserie.com). Open daily. L D, LS, \$\$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Pick; RC = 2017 Readers' Choice.



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## SALTWATER GRILLE

### Litchfield Hills' Seafood Destination



**Voted Best of New England Happy Hour Weekdays 4-6pm  
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**litchfieldsaltwatergrille.org      facebook.com/litchfieldswg**  
**26 Commons Drive (just off 202), Litchfield, CT 06759**

## dining guide | hartford county

**Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP** Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 [barcelonawinebar.com](http://barcelonawinebar.com). Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

**Bear's Smokehouse Barbecue • Barbecue • EP** Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave., Windsor, 860-999-3834 [bearsbbq.com](http://bearsbbq.com). Open daily. L D, \$\$, WA

**Bricco Trattoria • Italian • EP** Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes. • 124 Hebron Ave., Glastonbury, 860-659-0220 [billygrant.com](http://billygrant.com). Open daily. L (Mon.-Sat.) D, \$\$\$

**Carbone's Kitchen • Italian** Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 [carboneskitchen.com](http://carboneskitchen.com). Open daily. L (Mon.-Fri.) D, \$\$, WA

**Carbone's Ristorante • Italian** This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 [carbonescct.com](http://carbonescct.com). Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

**The Corner Pug • Irish Pub • EP** Classic favorites at this pug-themed pub include shepherd's pie, hot grilled Reubens, creamy chicken pot pies with flaky crusts, and authentic English fish and chips. • 1046 New Britain Ave., West Hartford, 860-231-0241 [cornerpug.com](http://cornerpug.com). Open daily. L D SB, \$

**Costa del Sol • Spanish/Mediterranean • EP** Galician restaurateur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood. Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 [costadelsolhartford.com](http://costadelsolhartford.com). Closed Mon. L (Tues.-Fri.) D, \$\$\$

**Cottage Restaurant & Cafe • American • EP** Family-owned, European-style restaurant offers unique, seasonally inspired dishes and a wide selection of wines, martinis and cocktails. • 427 Farmington Ave., Plainville, 860-793-8888 [cottagerestaurantandcafe.com](http://cottagerestaurantandcafe.com). Closed Sun. & Mon. L (Tues.-Fri.), D, \$\$\$

**Firebox • New American • EP** Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, 860-246-1222 [fireboxrestaurant.com](http://fireboxrestaurant.com). Open daily. L (Mon.-Fri.) D, \$\$, E, WA

**Fleming's Prime Steakhouse & Wine Bar • American • EP** Premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, 860-676-WINE [flemingssteakhouse.com](http://flemingssteakhouse.com). Open daily. D, \$\$, WA

**Frank Pepe Pizzeria Napoletana • Pizza** While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 [pepespizzeria.com](http://pepespizzeria.com). Open daily. L (Mon.-Fri.) D, \$, WA

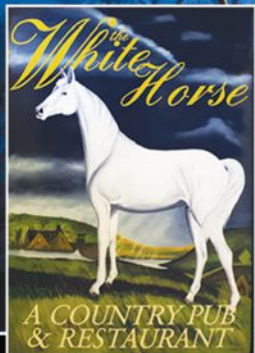
**GoldBurgers • Burgers • EP** The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA

**J. Gilbert's • Steak • EP** Quality ingredients and honest food, like prime wood-fired steaks and seafood, in a luxe, yet warm, atmosphere. • 185 Glastonbury Blvd., Glastonbury, 860-659-0409 [jgilberts.com](http://jgilberts.com). Open daily. D, \$\$\$

**J. Timothy's Taverne • Gastropub • EP** This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie, tater tot poutine and French onion soup. • 143 New Britain Ave., Plainville, 860-747-6813 [jtimothys.com](http://jtimothys.com). Open daily. L D LS, \$\$, WA

**JV's Taproom • Pizza / Bar** Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 [jvstaproom.com](http://jvstaproom.com). Closed Mon. D, SB, \$, WA

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**Max Downtown • American • EP** Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 [maxrestaurantgroup.com](http://maxrestaurantgroup.com). Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

**Max Fish • Seafood** Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 [maxfishct.com](http://maxfishct.com). Open daily. L (Mon.-Sat.) D LS, \$\$\$

**Max's Oyster Bar • Seafood • EP** Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 [maxrestaurantgroup.com/oyster](http://maxrestaurantgroup.com/oyster). Open daily. L, D, LS (Sat.), \$\$\$

**Metro Bis • American • EP** It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed — classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, 860-651-1908 [metrobis.com](http://metrobis.com). Closed Sun. L D, \$\$, WA

**Millwright's Restaurant and Tavern • American • EP** Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 [millwrightsrestaurant.com](http://millwrightsrestaurant.com). Closed Mon.-Tues. D, \$\$\$, WA

**Murasaki • Sushi • EP** Well known for its outstanding sushi and sashimi creations, Murasaki also offers a selection of American foods served in the Japanese style. • 23 LaSalle Road, West Hartford, 860-236-7622 [murasakijapaneserestaurant.com](http://murasakijapaneserestaurant.com). Closed Mon. L (Tues.-Sat.), D, \$\$\$

**ON20 • Contemporary French / American • EP** Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 [ontwenty.com](http://ontwenty.com). L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

**Pho 501 • Vietnamese • EP** Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 [pho.com/east-hartford-ct/pho-501](http://pho.com/east-hartford-ct/pho-501). Closed Mon. L D, \$

**Plan B Burger Bar • Burgers** Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 [planbburger.com](http://planbburger.com). Open daily. L D LS, \$, WA

**Republic • Gastropub • EP** Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 [republicct.com](http://republicct.com). Open daily. L (Mon.-Fri.) D LS, \$\$\$

**Rooster Co. • American • EP** Rotisserie chickens made to perfection are the heart and soul of menu here. • 1076 Main St., Newington, 860-757-3969 [roostercompany.net](http://roostercompany.net). Open daily L D, \$\$, WA

**Ruth's Chris Steakhouse • Steak** Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 [ruthschris.com](http://ruthschris.com). Open daily. L (Sun.) D, \$\$\$, WA

**Sayulita • Mexican • EP** Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 [cantinasayulita.com](http://cantinasayulita.com). Open daily. D, L (Sat.-Sun.), \$, \$, WA

**Smokin' with Chris • Barbecue • EP** Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • Southington, 860-620-9133 [smokinwithchris.com](http://smokinwithchris.com). Closed Mon. L D, \$\$, E

**Staropolska • Polish • EP** Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 [staropolska.net](http://staropolska.net). Closed Mon. L D, \$\$\$

**Sushi Red • Sushi • EP** Offers up delicious, fresh, hand-crafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$

**Treva • Italian • EP** Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 [trevacct.com](http://trevacct.com). Open daily. L, D, LS (Fri.-Sat.), \$\$\$

**Trumbull Kitchen • American** "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 [maxrestaurantgroup.com](http://maxrestaurantgroup.com). Open daily. L (Mon.-Sat.) D LS, \$\$\$, E

**Vinted Wine Bar & Kitchen • Tapas** This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 [vintedwinebar.com](http://vintedwinebar.com). Open daily. D, \$\$\$, WA

## Litchfield County

**Alpenhaus Restaurant and Steinbock Tavern • German** Restaurant offers authentically prepared German food such as pan fried chicken schnitzel and Bavarian suerbraten; downstairs tavern has the atmosphere of a Bavarian-style beer hall. • 59 Banks St., New Milford, 860-799-5557 [alpenhausct.com](http://alpenhausct.com). Closed Mon. L (Fri.-Sun.), D, SB, \$\$, WA (restaurant)

**The Cookhouse • Barbecue • EP** "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 [thecookhouse.com](http://thecookhouse.com). Open daily. L D, \$\$, WA

**Hidden Valley Eatery • American • EP** Locally sourced comfort food with a number of vegetarian options. Seasonal dinner menu changes nightly. • 88 Bee Brook Road, Washington Depot, 860-619-0660 [hiddenvalleyeatery.com](http://hiddenvalleyeatery.com). Closed Tues. B, L, D (Fri.-Sat.), \$\$

**The Hopkins Inn • Austrian/American • EP** A country inn with an Old World atmosphere known for wiener schnitzel, backhend and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

**Litchfield Saltwater Grille • Seafood** Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 [litchfieldsaltwatergrille.org](http://litchfieldsaltwatergrille.org). Open daily. \$, \$, E, WA

**Mountainside Café • Farm to Table** Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 [mountainside.com/cafe](http://mountainside.com/cafe). Open daily. B L D SB, \$, WA

**The Restaurant at Winvian Farm • French • EP** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 [winvian.com](http://winvian.com). Closed Mon.-Tues. L D, \$\$\$, WA



Photos by Kari Bolter

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## dining guide | litchfield county

**RSVP • French • EP** A “special concept” French restaurant, RSVP offers carefully selected five-course prix fixe meal. Alcohol is BYOB only, and dinner is by reservation only. • 7 Railroad St., West Cornwall, 860-672-7787 [rsvp-restaurant.com](http://rsvp-restaurant.com). Open Fri-Sun. D, \$\$\$

**The White Hart • Farm to Table • EP** High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 [whitehartinn.com](http://whitehartinn.com). Open daily. L D SB, \$\$, WA

**The White Horse Country Pub • American • EP RC** Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd’s pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 [whitehorse-countrypub.com](http://whitehorse-countrypub.com). Open daily. L D SB, \$\$, WA

**Winvian • American • EP** Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 [winvian.com](http://winvian.com). Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$\$

**Yokohama • Japanese • EP** Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 [yokohama-sushi.net](http://yokohama-sushi.net). Open daily. L D, \$\$, WA

## Middlesex County

**Angelico's Lake House • American** Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 [angelicoslakehouse.com](http://angelicoslakehouse.com). Open daily. L D LS SB, \$\$, E, WA

**Baci Grill • Modern Italian** Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 [baci grill.com](http://baci grill.com). Open daily. L D LS, \$\$, E, WA

**Celtic Cavern • Gastropub** Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 <http://www.celticcavern.com/>. Open daily. L, D, \$\$\$

**Chester's Barbecue • Barbecue • EP RC** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 [chestersbbq.com](http://chestersbbq.com). Open daily. L D, \$\$\$

**Cuckoo's Nest • Mexican • RC** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 [cuckoosnest.biz](http://cuckoosnest.biz). Open daily. L D SB, \$\$, E, WA

**Dattilo Fine Italian at Water's Edge Resort and Spa • Italian** Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 [watersedge resortandspa.com](http://watersedge resortandspa.com). Open daily. B L D SB, \$\$\$, E

**Eli Cannon's Tap Room • Beer Bar • EP** The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 [elicannons.com](http://elicannons.com). Closed Mon. L (Fri.-Sun.) D LS, \$\$\$, WA

**The Griswold Inn • American** The beloved 1776 “Gris” features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 [griswoldinn.com](http://griswoldinn.com). Open daily. L D SB, \$\$\$, E, WA

**Iguanas Ranas Taqueria • Mexican • EP** Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 [iguanasranastaqueria.com](http://iguanasranastaqueria.com). Closed Sun. L D, \$

**It's Only Natural (ION) Restaurant • Vegetarian • EP** Vegan/vegetarian offerings with a Southwestern bent, plus a full organic bar. • 606 Main St., Middletown, 860-346-9210 [ionrestaurant.com](http://ionrestaurant.com). Open daily. L, D (Mon.-Sat.), SB, \$\$\$

**The L&E French and Good Elephant Bistro • French / Vietnamese • EP** The reopened L&E French offers bistro favorites and modern interpretations of classic dishes. Meanwhile, the elephant in this room is flavor—and lots of it. From five-spice duck to sushi-grade tuna, this restaurant serves the salty, sour, bitter and sweet flavors of Vietnamese cuisine. • 59 Main St., Chester, 860-526-5301 [goodelephantcafe.com](http://goodelephantcafe.com). Open Wed-Sat. D, \$\$\$

**La Foresta • Italian • RC** This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. Lunch served Mon.-Fri. 11:30-2:30. • 163 Route 81, Killingworth, 860-663-1155 [laforesta restaurant.com](http://laforesta restaurant.com). Open daily. L (Mon.-Fri.) D, \$\$, WA

**Lenny & Joe's Fish Tale • Seafood • EP** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 [ljfish tale.com](http://ljfish tale.com). Open daily. L D, \$\$, WA

**Liv's Oyster Bar • Seafood • EP** Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, 860-395-5577 [livsoysterbar.com](http://livsoysterbar.com). Closed Tues. D, \$\$, WA

**Luce • American** Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 [lucect.com](http://lucect.com). Open daily. L D LS, \$\$, WA

**Luigi's • Italian** Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 [luigis-restaurant.com](http://luigis-restaurant.com). Closed Mon. (except in July and Aug.). D, \$\$, WA

**Mondo • Pizza • EP** This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 [mondomiddletown.com](http://mondomiddletown.com). Open daily L D, \$\$, WA

**Puerto Vallarta • Mexican** Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 [puertovallartausa.com](http://puertovallartausa.com). Open daily. L D, \$\$\$

**River Tavern • American • EP** Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, 860-526-9417 [rivertavernrestaurant.com](http://rivertavernrestaurant.com). Open daily. L D, \$\$\$

**Rustica • Italian • EP** The food is made fresh daily, from the pasta to the salads to the homemade desserts. Also offering a varied wine collection. • 189 Middlesex Turnpike, Chester, 860-526-9021 [rustica.com](http://rustica.com). Closed Mon. D, \$\$\$

## New Haven County

**116 Crown • American Taps / Small Plates • EP** Dine on sliders, pizettes and charcuterie and cheese in a lounge-like atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 [116crown.com](http://116crown.com). Closed Mon. D LS, \$\$, E, WA

**Adriana's • Italian • EP** Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 [adrianasnewhaven.com](http://adrianasnewhaven.com). Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

**Archie Moore's Bar & Restaurant • American • EP** Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 [archiemoores.com](http://archiemoores.com). Open daily. L D LS, \$

**Baja's • Mexican • EP** Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

**Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP** Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. *Wine Spectator* Award of Excellence. • 155 Temple St., New Haven, 203-848-3000 [barcelonawinebar.com](http://barcelonawinebar.com). Open daily. L D LS SB, \$\$, WA

**Bella'Gio • Italian** Classic and original recipes served up with the freshest ingredients and paired with a full variety of wine, beer and liquor. Padio dining available. • 835 W. Main St., Cheshire, 203-439-9175 [bellagiocct.com](http://bellagiocct.com). Open daily. L (Mon.-Sat.) D, \$\$, WA

**Bin 100 • Mediterranean** Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 [bin100restaurant.com](http://bin100restaurant.com). Open daily. D SB, \$\$, E, WA

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**Cask Republic • American • EP** Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 179 Crown St., New Haven, 475-238-8335 [caskrepublic.com](http://caskrepublic.com). Open daily. L D, \$\$

**Ceviche • Latin Fusion • EP** Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 [cevichelatinkitchen.com](http://cevichelatinkitchen.com). Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

**Chaat House • Indian • EP** The inspired, creative and scrumptious menu is full of healthy, delicious, all-vegetarian dishes. • 315 York St, West Haven, 203-934-9676 [indianasiangroceries.org](http://indianasiangroceries.org). Closed Mon. L D, \$

**Chip's Family Restaurant • American • EP** Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 [chipsrestaurants.com](http://chipsrestaurants.com). Open daily. B L D, \$

**Claire's Corner Copia • Vegetarian • EP** Café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, 203-562-3888 [clairescornercopia.com](http://clairescornercopia.com). Open daily. B L D SB, \$, WA

**Consiglio's Restaurant • Classic Italian** Family-owned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciolo, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 [consiglios.com](http://consiglios.com). Open daily. L (Tues.-Fri., Sun.) D, \$\$

**Coromandel Cuisine of India • Indian • EP** Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 [coromandelcuisine.com](http://coromandelcuisine.com). Open daily. L D SB, \$\$, WA

**Dino's Seafood • Seafood** This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 [dinosseafood.com](http://dinosseafood.com). Closed Mon. L D, \$, WA

**Donahue's Madison Beach Grille • Irish Pub • EP** Casual shoreline dining serving up fresh seafood, homemade clam chowder and lobster bisque soups, premier salads and daily specials. Live music on the weekends. • 1320 Boston Post Road, Madison, 203-318-8362 [donahuesmadisonbeachgrille.com](http://donahuesmadisonbeachgrille.com). Closed Mon. L D, \$\$, E

**Elm City Social • American • EP** Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 [elmcitysocial.com](http://elmcitysocial.com). Open daily. L D, LS, \$\$, WA

**Frank Pepe Pizzeria Napoletana • Pizza** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 [pepespizzeria.com](http://pepespizzeria.com). Open daily. L (Mon.-Fri.) D, \$, WA

**Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP** Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 [geronimobarandgrill.com](http://geronimobarandgrill.com). Open daily. L (Mon.-Sat.) D, \$\$

**Goodfellas Restaurant • Italian • EP RC** The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiole, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 [goodfellasrestaurant.com](http://goodfellasrestaurant.com). Open daily. L D, \$\$, WA

**Heirloom • Modern Continental • EP** Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 [heirloomnewhaven.com](http://heirloomnewhaven.com). Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

**Home • American** Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 [www.homerestaurantct.com](http://www.homerestaurantct.com). Closed Mon. L D, \$\$, E

**Ibiza Tapas • Tapas • EP** Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 [ibizatapaswinebar.com](http://ibizatapaswinebar.com). Closed Mon. D, LS (Fri.-Sat.), \$, WA

**L'Orcio • Contemporary Italian • EP** This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 [lorcio.com](http://lorcio.com). Closed Mon. L (Fri.) D, \$\$

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## dining guide | new haven county

**La Tavola Ristorante • Classic Italian** Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 [latavolaristorante.com](http://latavolaristorante.com). Open daily. L D, \$\$, WA

**Le Petit Café • French • EP** Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 [lepetitcafe.net](http://lepetitcafe.net). Closed Mon.-Tues. D, \$\$\$

**Lenny & Joe's Fish Tale • Seafood • EP** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 [liffishtale.com](http://liffishtale.com). Open daily. L D, \$\$, WA

**Mamoun's • Middle Eastern • EP** Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 [mamouns.com](http://mamouns.com). Open daily. L D LS, \$, WA

**MiKro Beer Bar • Gastropub • EP** The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 [mikrobeerbar.com](http://mikrobeerbar.com). Open daily. D SB, \$\$, WA

**Park Central Tavern • American** The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 [parkcentraltavern.com](http://parkcentraltavern.com). Open daily. L D, \$, WA

**Prime 16 • Burgers • EP** Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 [prime16.com](http://prime16.com). Open daily. L, D, LS (Orange), \$

**Ristorante Luce • Classic Italian** Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 [ristoranteluce.net](http://ristoranteluce.net). Open daily. L (Mon.-Fri.) D, \$\$

**Señor Pancho's • Mexican** Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 [senorpanchos.com](http://senorpanchos.com). Open daily. L D SB, \$, E, WA

**Shell & Bones Oyster Bar & Grill • Seafood • EP** This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 [shellandbones.com](http://shellandbones.com). Open daily. D L (Sat.-Sun.), \$\$\$

**Shoreline Diner, Guilford • American • EP** The seasonal menu focuses on fresh, natural ingredients, with lots of vegetarian and vegan options. • 345 Boston Post Road, Guilford, 203-458-7380 [shorediner.com](http://shorediner.com). Open daily. BLD, \$, WA

**Stowe's • Seafood • EP** This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 [stowesseafood.com](http://stowesseafood.com). Open daily. L D, \$\$\$

**Thali / Thali Too • Indian • EP** Each location is chic, exotic and fun, but what ultimately distinguishes them is the flavorful food. • 4 Orange St., New Haven, 203-777-1177; 65 Broadway, New Haven, 203-776-1600 [thali.com](http://thali.com). Open daily. L, D, LS (Fri.-Sat.), SB, \$\$\$

**Tikkaway Grill • Indian • EP** Build your own wrap or rice bowl by choosing your base and one of Tikkaway's signature sauces. Vegan options available. • 135 Orange St., New Haven, 203-562-1299; 2 Howe St., New Haven, 203-624-1299 [tikkawaygrill.com](http://tikkawaygrill.com). Open daily (Orange St.); Mon.-Fri. (Howe St.) L D, \$

**Union League Cafe • French • EP RC** Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 [unionleaguecafe.com](http://unionleaguecafe.com). Closed Sun. L (Mon.-Fri.), D, \$\$\$

## | New London County |

**Bleu Squid • American** A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Congdon Blvd., Mystic, 860-536-6343 [dessertsmysticct.com](http://dessertsmysticct.com). Open daily. L, \$, WA

**The Captain Daniel Packer Inn • American** This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon. • 32 Water St., Mystic, 860-536-3555 [danielpacker.com](http://danielpacker.com). Open daily. L D, \$\$\$, WA

**Chester's Barbecue • Barbecue • EP RC** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 [chestersbbq.com](http://chestersbbq.com). Open daily. L D, \$\$\$

**David Burke Prime • American • EP** An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 [davidburke-prime.com](http://davidburke-prime.com). Open daily. L D SB, \$\$\$

**Engine Room • American • EP** The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 [engineroomct.com](http://engineroomct.com). Open daily. L D SB, \$\$\$

**Flanders Fish Market & Restaurant • Seafood • RC** Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 [flandersfish.com](http://flandersfish.com). Open daily. L D SB, \$\$, WA

**Frank Pepe Pizzeria Napoletana • Pizza** While world-famous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 [pepespizzeria.com](http://pepespizzeria.com). Open daily. L (Mon.-Fri.) D, \$, WA

**Kensington's at Norwich Inn • American** A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 [thespaatnorwichinn.com/kensingtons](http://thespaatnorwichinn.com/kensingtons). Open daily. B L D SB, \$\$\$, E, WA

**Michael Jordan's Steak House • American • EP** USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 [michaeljordansteakhouse.com](http://michaeljordansteakhouse.com). Open daily. D, \$\$\$

**Morning Glory Café • American • EP** Family-owned restaurant located on the Lieutenant River in Old Lyme serves breakfast (all day on the weekends) and lunch, and features a menu with both American and Asian cuisine. • 11 Halls Road, Old Lyme, 860-434-0480. Open daily. B L, \$, WA

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**The Old Lyme Inn • American** The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 [oldlymeinn.com](http://oldlymeinn.com). Open daily. L D, \$\$\$, WA

**Red 36 • American • EP** It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 [red36ct.com](http://red36ct.com). Closed Mon. L D, \$\$\$

**Rise, Mystic • American • EP** Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St., Mystic, 860-415-9519 [risemysticct.com](http://risemysticct.com). Closed Tues. B, L, SB, \$, WA

**S&P Oyster Co. • Seafood • EP RC** Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. • 1 Holmes St., Mystic, 860-536-2674 [sp-oyster.com](http://sp-oyster.com). Open daily. L D, \$\$, WA

## Tolland County

**Bidwell Tavern & Cafe • American • EP** This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

**The Blue Oak at the Nathan Hale Inn • American** On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 [nathanhaleinn.com](http://nathanhaleinn.com). Open daily. B L D, \$\$\$

**Lake View • Seafood / Italian • EP** Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 [coventrylakeview.com](http://coventrylakeview.com). Open daily. L D, \$\$, E, WA

**Rein's New York Style Deli-Restaurant • American • EP** Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 [reinsdeli.com](http://reinsdeli.com). Open daily. B L D LS SB, \$, WA

**True Blue Tavern at the Nathan Hale Inn • American** Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 [nathanhaleinn.com](http://nathanhaleinn.com). Open daily. D, \$, WA

**Utsav Indian Cuisine • Indian • EP** This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 [utsavcuisine.com](http://utsavcuisine.com). Open daily. L D, \$\$, WA

## Windham County

**The Courthouse Bar & Grille • American** Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 [courthousebarandgrille.com](http://courthousebarandgrille.com). Open daily. L D LS (weekends), \$, WA

**Golden Lamb Buttery • American • EP** In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateaubriand or honey-glazed rack of lamb. • 199 Bush Hill Road, Brooklyn, 860-774-4423 [thegoldenlamb.com](http://thegoldenlamb.com). Closed Sun.-Mon. L D (Fri.-Sat.), \$\$\$, E, WA

**Hank's Restaurant • American** A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 [hanksrestaurant.com](http://hanksrestaurant.com). Open daily. L D, \$\$\$

**The Heirloom Food Company • Vegan • EP RC** Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 [eatheirloomfood.com](http://eatheirloomfood.com). Closed Sun.-Mon. B L, \$

**The Inn at Woodstock Hill • American** The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 [woodstockhill.com](http://woodstockhill.com). Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

**The Mansion at Bald Hill • American** The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 [mansionatbaldhill.com](http://mansionatbaldhill.com). Closed Mon. D, \$\$\$, WA

**Willimantic Brewing Co. / Main Street Café • Brew Pub • EP** This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 [willibrew.com](http://willibrew.com). Open daily. L (Tues.-Sun.) D, \$\$, WA



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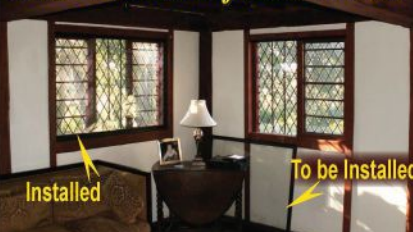
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**DEADLINES:** Materials should be received by the 25th of the second month preceding the issue (for example, October 25 for December).

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# cptv SPIRIT HIGHLIGHTS



## **Flying to the Ends of the Earth**

**Mondays at 9 p.m. beginning October 9 on CPTV Spirit**

Former Royal Marine Arthur Williams took up flying to rediscover his spirit of adventure after he was paralyzed in an accident. In this three-part series, join Williams as he flies to some of the most remote parts of the planet to find out how people survive and thrive in places only a plane can reach.

## **POV: Swim Team**

**Wednesday, October 4 at 10 p.m. on CPTV Spirit**

Parents of a boy on the autism spectrum form a competitive swim team, recruiting other teens on the spectrum and training them with high expectations and zero pity. Witness the extraordinary rise of three diverse young athletes, capturing a moving quest for inclusion, independence, and a life that feels like winning.



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# What's



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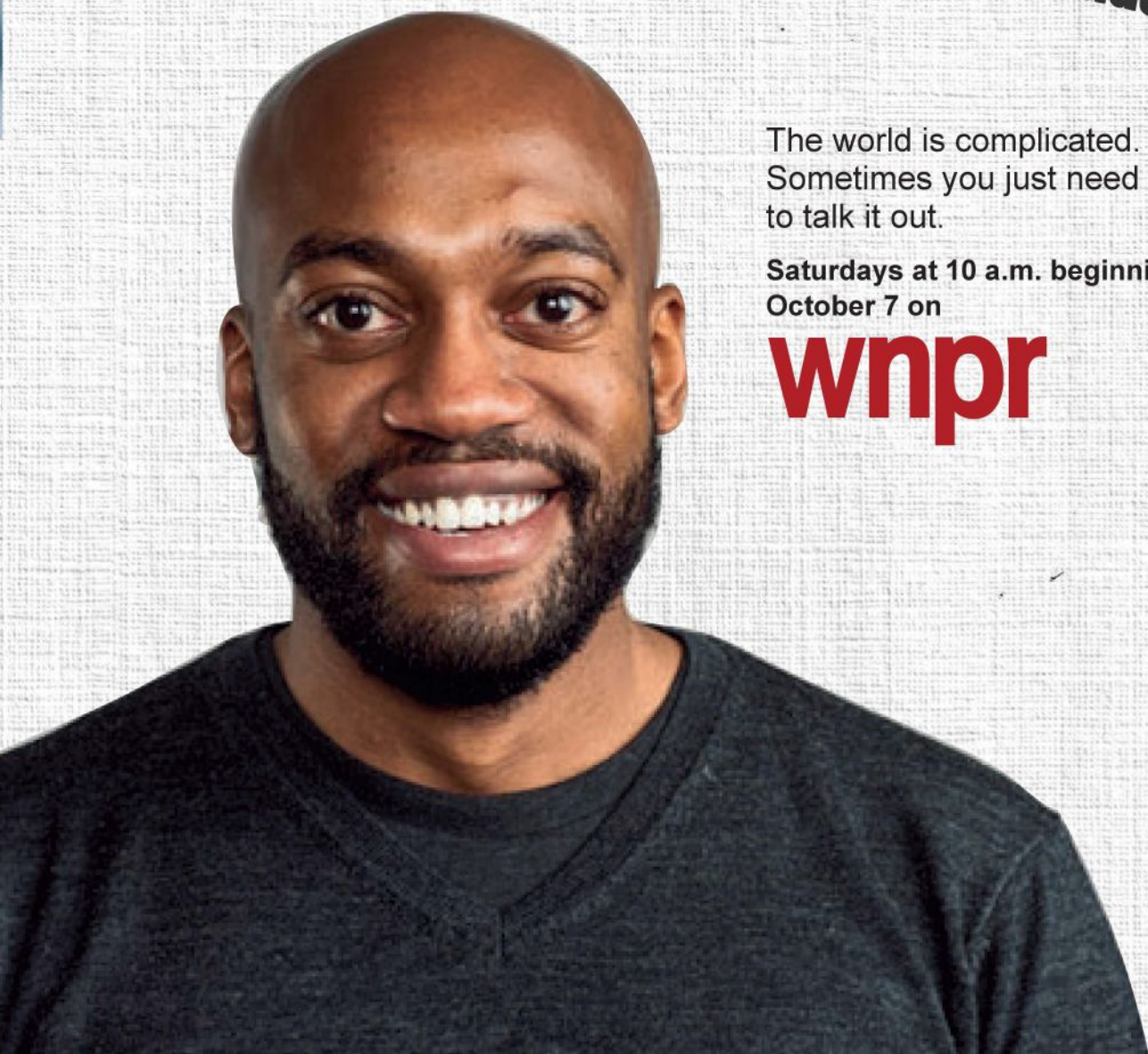
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## It's been a minute

npr

with sam sanders



The world is complicated.  
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to talk it out.

Saturdays at 10 a.m. beginning  
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## PRESIDENT'S MESSAGE

A new school year is upon us, and we at the Connecticut Public Broadcasting Network, home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), are thrilled to begin the fifth year of our CPBN Learning Lab program!

CPBN's ongoing partnership with Hartford's Journalism & Media Academy Magnet School has offered various programs geared towards high school students. CPBN's Hartford office serves as a daytime satellite campus for enrolled students, which includes a fully equipped learning facility outfitted with state-of-the-art technology.

Beginning this school year, we will offer a number of new media classes for these high school students. Our education specialists and CPBN staff will work closely with students to develop their skills in the creation of short-form documentaries, integrated marketing campaigns, radio storytelling, and more. We will be sharing the projects that students work on throughout the upcoming year both online and on-air, so stay tuned!

Our educational services are not limited to high school students. We also welcomed a new class of adult learners, including a new class of 34 military veterans, to our Institute for Advanced Media (IAM) program last month. Building on over 50 years of experience as a leader in broadcast media and communications, the IAM helps adults succeed in a changing economy that demands advanced knowledge and skills from its workforce. Our courses are designed to give students a comprehensive hands-on experience in digital fields and project management that are in high demand. Students receive course instruction in video production and editing, graphic arts and digital design, and more. For more information on the educational courses CPBN offers, please visit [ctlearninglab.org](http://ctlearninglab.org).

Finally, we would like to thank you, our members, for your ongoing support that makes these types of programs possible. We are proud of the educational services we offer, and hope to continue teaching tomorrow's generation of journalists and storytellers.

Jerry Franklin  
President and CEO, Connecticut Public Broadcasting Network



### "What's On!"

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Listen at [wnpr.org/secondfirst](http://wnpr.org/secondfirst).





**Poldark on Masterpiece**  
Sundays at 9 p.m. beginning  
October 1 on CPTV

In the third season of the captivating series, Ross and Demelza attempt to repair their relationship, while George Warleggan builds his empire to crush the Poldarks. Elizabeth harbors a dangerous secret, and Dwight is captured during the war with France.



**Nature: Naledi**  
Wednesday October 4 at 8 p.m.  
on CPTV

Born in a rescue camp in the wilderness of Botswana, Naledi the baby elephant loses her mother and faces the world alone. It is now up to a devoted team of caretakers and researchers to urge Naledi to survive and help her find her place in the herd.



**NOVA: Ghosts of Stonehenge**  
Wednesday, October 11 at 9  
p.m. on CPTV

Who built Stonehenge and why? Discover how the last decade of groundbreaking archaeological digs has revealed major new clues to Britain's enigmatic 5,000 year-old site and the people who constructed it.

**Harmonies for Healing**  
Sunday, October 1 and 8 at 8 p.m. on CPTV

In this two-part series, discover a music competition like no other. Travel to Lake County and Porter County, Indiana, where 16 strangers and musical group Under the Streetlamp come together to tell their stories about the transformative power of music, and discover the inspiration to follow their dreams.



**Edgar Allan Poe: American Masters**

Monday, October 30 at 9 p.m. on CPTV

Learn the real story of the notorious author, starring Denis O'Hare as Edgar Allan Poe. Understand the misrepresentations of Poe and how he tapped into what it means to be human in a modern and sometimes frightening world.







“I want this podcast to sound just like the way I talk with my friends, when we get together and catch up on the week.”

—Sam Sanders

**wnpr**



# It's been a minute

with sam sanders

n p r

## Catch Up on the Past Week with *It's Been a Minute with Sam Sanders*

Starting this October, WNPR will begin airing *It's Been a Minute with Sam Sanders*, a new weekly program covering the intersection between politics and pop culture. 'It's been a minute' is another way of saying 'let's catch up.' Host Sam Sanders does just that every week.

During the 2016 election, Sanders quickly emerged as a compelling new voice and became a fan favorite as one of the hosts of the *NPR Politics Podcast*. His trademark curiosity and empathy connected with listeners, especially younger ones. In *It's Been a Minute*, Sanders will discuss the news of the week with special guests, including journalists and other prominent thinkers. Episodes will also feature "deep dives" into a certain subject or long-form interviews with newsmakers.

*It's Been a Minute* is far from the average news program; however, as Sanders explains to the *Columbia Journalism Review*. "We're not just trying to have news conversations; we're trying to have conversations about how the news feels. [Audiences] don't need a news ticker. They need some sense of how to put all of it into perspective."

One way Sanders plans on achieving this is through a weekly segment where listeners can call in to discuss what is happening in their own town, especially as it relates to the greater news cycle. "We're putting these very, very personal stories unique to these individuals right next to these conversations about the news of the world and the news of the week," Sanders continues. Episodes will also include calls from listeners who share the best part of their week. "I think that's really important to have," Sanders says, "because it's good to remind people in this season that has been so full of crazy news cycles that the world is still good, and people still have good things happen to them and it's OK to celebrate our lives."

Sanders hopes this open, engaging type of conversation will in turn make listeners feel more comfortable. "I want this podcast to sound just like the way I talk with my friends, when we get together and catch up on the week. We don't just talk about politics or Beyoncé, or international diplomacy or memes — we talk about all of it," says Sanders. "And we do it without pretense. I want the show to sound just like that, and make the same kind of connections."

*It's Been a Minute with Sam Sanders* airs Saturdays at 10 a.m. beginning October 7 on WNPR.



# Prime Time | October 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit [CPTV.org/schedule](http://CPTV.org/schedule) for exact start and end times.
- This schedule is accurate as of press time; visit [CPTV.org/schedule](http://CPTV.org/schedule) for the most up-to-date program schedule.

| SUN   1            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>CPTV</b>        | <b>Harmonies for Healing: Under the Streetlamp - Part 1</b> <b>P</b> See an inspiring two-part singing competition.                                     |                                                                                                                     | <b>Poldark, Season 3 on Masterpiece - Part 1</b> <b>P</b> George has everything going for him: Elizabeth, an heir, the Poldark lands, his own church. Meanwhile, Demelza's brothers, Sam and Drake, take up preaching. |                                                                                                      |                                                                                                                                | <b>The Inspector Lynley Mysteries - Payment in Blood**</b> A playwright is murdered.                                                           |                                                                                                      |                                     |
| <b>CPTV Spirit</b> | <b>Spy in the Wild, A Nature Miniseries - Bad Behavior</b>                                                                                              |                                                                                                                     | <b>Nature - Nature's Perfect Partners</b> See how animals use teamwork.                                                                                                                                                |                                                                                                      | <b>Life on the Reef - Part 1</b> Humpback whales give birth.                                                                   |                                                                                                                                                | <b>Animal R &amp; R - Part 2</b> The teams meet a rescued peregrine falcon.                          |                                     |
| MON   2            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
| <b>CPTV</b>        | <b>Antiques Roadshow - Boise, Part 3</b> An 1822 letter from Thomas Jefferson is appraised.                                                             |                                                                                                                     | <b>Antiques Roadshow - Detroit, Part 1</b> Highlights include a signed 1970 Andy Warhol poster.                                                                                                                        |                                                                                                      | <b>American Comandante: American Experience</b> <b>P</b> William Morgan rose to power in the Cuban Revolution.                 |                                                                                                                                                | <b>Cuban Missile Crisis: Three Men Go to War</b> Learn the inside story of the Cuban Missile Crisis. |                                     |
| <b>CPTV Spirit</b> | <b>Born to Explore</b> <b>P</b>                                                                                                                         | <b>Weekends with Yankee</b>                                                                                         | <b>Canadian Rockies by Rail</b> <b>P</b> Stunning scenery is featured.                                                                                                                                                 |                                                                                                      | <b>Globe Trekker - Top 10 South American Adventures</b>                                                                        |                                                                                                                                                | <b>Globe Trekker - Road Trip: Patagonia</b>                                                          |                                     |
| TUE   3            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
| <b>CPTV</b>        | <b>Finding Your Roots, Season 4 - The Impression</b> <b>P</b> Guests include Bernie Sanders and Larry David.                                            |                                                                                                                     | <b>The Vietnam War - Part 1: Deja Vu</b> Vietnam is divided. Communists hold the North and America supports an untested regime in the South.                                                                           |                                                                                                      |                                                                                                                                | <b>The Vietnam War - Part 2: Riding the Tiger</b> President Kennedy and his advisors wrestle with how deeply to get involved in South Vietnam. |                                                                                                      |                                     |
| <b>CPTV Spirit</b> | <b>NOVA - Zeppelin Terror Attack</b> Explore Germany's war zeppelins.                                                                                   |                                                                                                                     | <b>Time Scanners - St. Paul's Cathedral</b>                                                                                                                                                                            |                                                                                                      | <b>Nazi Mega Weapons - V2 Rocket</b> The Nazis built long-range rockets.                                                       |                                                                                                                                                | <b>Make - Wearable Technology</b>                                                                    | <b>Make 48 - Part 4</b>             |
| WED   4            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
| <b>CPTV</b>        | <b>Nature - Naledi: One Little Elephant</b> <b>P</b> Researchers and caretakers help a baby elephant.                                                   |                                                                                                                     | <b>NOVA - Secrets of the Shining Knight</b> <b>P</b> Master armorers re-engineer Greenwich armor.                                                                                                                      |                                                                                                      | <b>Frontline - North Korea's Deadly Dictator</b> <b>P</b> <i>Frontline</i> explores the killing of Kim Jong-un's half-brother. |                                                                                                                                                | <b>Antiques Roadshow - Boise, Part 3</b> (See CPTV, Oct. 2 at 8 p.m.)                                |                                     |
| <b>CPTV Spirit</b> | <b>Living with Parkinson's</b> People with Parkinson's share their stories.                                                                             |                                                                                                                     | <b>POV - My Way to Olympia</b> A filmmaker covers the London Paralympics.                                                                                                                                              |                                                                                                      | <b>POV - Swim Team</b> <b>P</b> Parents of teens on the autism spectrum form a swim team for their kids.                       |                                                                                                                                                |                                                                                                      | <b>Arts in Context</b>              |
| THU   5            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
| <b>CPTV</b>        | <b>Making Me Whole. Prison, Art &amp; Healing</b> <b>P</b>                                                                                              | <b>Father Brown - The Sins of Others</b> <b>P</b> Sid is arrested for murder soon after being released from prison. |                                                                                                                                                                                                                        | <b>The Dr. Blake Mysteries - King of the Lake</b> After finishing a rowing race, a team member dies. |                                                                                                                                | <b>The Dr. Blake Mysteries - My Brother's Keeper</b> A Ballarat farmer is found dead in a cow pen.                                             |                                                                                                      | <b>This Old House</b>               |
| <b>CPTV Spirit</b> | <b>Start Up</b> <b>P</b>                                                                                                                                | <b>Make 48 - Part 5</b> <b>P</b>                                                                                    | <b>This Old House Hour</b> <b>P</b> Tom builds a shadow box.                                                                                                                                                           |                                                                                                      | <b>The Great British Baking Show, Season 1 - Part 10: The Final</b>                                                            |                                                                                                                                                | <b>Winemakers</b> <b>P</b>                                                                           | <b>Winemakers</b> <b>P</b>          |
| FRI   6            | 8:00                                                                                                                                                    | 8:30                                                                                                                | 9:00                                                                                                                                                                                                                   | 9:30                                                                                                 | 10:00                                                                                                                          | 10:30                                                                                                                                          | 11:00                                                                                                | 11:30                               |
| <b>CPTV</b>        | <b>Midsomer Murders - Dead Letters, Parts 1 &amp; 2</b> Barnaby must dig up the past when the mother of a deceased former carnival queen is found dead. |                                                                                                                     |                                                                                                                                                                                                                        |                                                                                                      | <b>Hispanic Heritage Awards 2017</b> <b>P</b> Latino community leaders are honored.                                            |                                                                                                                                                | <b>Sun Studio Sessions</b>                                                                           | <b>Third Rail with OZY</b> <b>P</b> |
| <b>CPTV Spirit</b> | <b>Pedro E. Guerrero: American Masters</b>                                                                                                              |                                                                                                                     | <b>Movie Classics Collection - Libeled Lady</b> <b>P</b> An editor's fiancée and a lawyer help him trick an heiress suing his paper. Spencer Tracy stars.                                                              |                                                                                                      |                                                                                                                                | <b>Science Goes to the Movies</b>                                                                                                              |                                                                                                      | <b>On Story</b>                     |



## The Collection on Masterpiece

Sundays at 10 p.m. beginning October 8 on CPTV

In this miniseries, World War II is over, and Paul Sabine is busy restoring Paris as the fashion capital of the world. His dresses are a sensation, and only his shady past and an inconvenient corpse block his way to success.



# Prime Time | October 7-12

| SAT 7              | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
|--------------------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------|
| <b>CPTV</b>        | <b>Glen Campbell: Good Times Again*</b> (Start: 7:30 p.m.) Get a look back at great music performances.           |                                   | <b>Movie Classics Collection - 12 Angry Men</b> A jury holdout attempts to prevent a miscarriage of justice. Henry Fonda stars.                         |                      | <b>The Inspector Lynley Mysteries - For the Sake of Elena</b> The deaf daughter of a Cambridge professor is found murdered.                       |                                                                                                               |                                                                                                   |                                    |
| <b>CPTV Spirit</b> | <b>Marley's Ghosts - Part 2</b>                                                                                   | <b>Vicious, Season 1 - Part 2</b> | <b>Luther, Season 2 - Part 4</b> Luther must stop a murderer at large.                                                                                  |                      | <b>Hinterland - Devil's Bridge, Part 2</b> A woman's death is investigated.                                                                       |                                                                                                               | <b>Masterpiece Mystery! - Inspector Lewis, Season 7: Beyond...</b> **                             |                                    |
| SUN 8              | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
| <b>CPTV</b>        | <b>Harmonies for Healing: Under the Streetlamp - Part 2</b> (See CPTV, Oct. 1 at 8 p.m.)                          |                                   | <b>Poldark, Season 3 on Masterpiece - Part 2</b> Ross travels to revolutionary France.                                                                  |                      | <b>The Collection on Masterpiece - Part 1</b> In post-war Paris, Paul Sabine uses his troubled brother's brilliant dress designs to achieve fame. |                                                                                                               | <b>Midsomer Murders - Dead Letters</b> **                                                         |                                    |
| <b>CPTV Spirit</b> | <b>Spy in the Wild, A Nature Miniseries - Meet the Spies</b>                                                      |                                   | <b>Over Hawai'i</b> Tour the unique wonders of Hawai'i.                                                                                                 |                      | <b>Life on the Reef - Part 2</b> Watch as corals spawn and sea birds nest.                                                                        |                                                                                                               | <b>Changing Seas</b>                                                                              | <b>Changing Seas</b>               |
| MON 9              | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
| <b>CPTV</b>        | <b>Antiques Roadshow - Detroit, Part 2</b> A signed photo album of Lincoln and his cabinet is appraised.          |                                   | <b>Antiques Roadshow - Detroit, Part 3</b> Highlights include a Charles Schulz-signed letter.                                                           |                      | <b>Bombs Away: LBJ, Goldwater &amp; the 1964 Campaign That Changed It All</b>                                                                     |                                                                                                               | <b>My Neighborhood: Pilsen</b> See what community engagement has done for a Chicago neighborhood. |                                    |
| <b>CPTV Spirit</b> | <b>Born to Explore</b>                                                                                            | <b>Weekends with Yankee</b>       | <b>Flying to the Ends of the Earth - Part 1</b>                                                                                                         |                      | <b>Globe Trekker - Wild West, U.S.A.</b>                                                                                                          |                                                                                                               | <b>Expeditions with Patrick...</b>                                                                | <b>Expeditions with Patrick...</b> |
| TUE 10             | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
| <b>CPTV</b>        | <b>Finding Your Roots, Season 4 - Unfamiliar Kin</b> Guests include Christopher Walken and Carly Simon.           |                                   | <b>The Vietnam War - Part 3: The River Styx</b> With South Vietnam in chaos, Hanoi accelerates the insurgency. President Johnson deploys ground troops. |                      |                                                                                                                                                   | <b>JFK &amp; LBJ: A Time for Greatness</b> The 1964 Civil Rights Act and 1965 Voting Rights Act are examined. |                                                                                                   |                                    |
| <b>CPTV Spirit</b> | <b>NOVA - Wild Ways</b> Wildlife corridors may help endangered species.                                           |                                   | <b>Walk in the Park with Nick Molle: Birds Without Borders</b>                                                                                          |                      | <b>Summer of Birds</b> John James Audubon spent time in Louisiana.                                                                                |                                                                                                               | <b>Start Up</b>                                                                                   | <b>Make 48 - Part 5</b>            |
| WED 11             | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
| <b>CPTV</b>        | <b>Nature - Fox Tales</b> New scientific research offers a fascinating look into the secret life of red foxes.    |                                   | <b>NOVA - Ghosts of Stonehenge</b> Major new clues to Stonehenge are revealed.                                                                          |                      | <b>Frontline - War on the EPA</b> Learn how Scott Pruitt went from fighting the EPA to running it.                                                |                                                                                                               | <b>Antiques Roadshow - Detroit, Part 2</b> (See CPTV, Oct. 9 at 8 p.m.)                           |                                    |
| <b>CPTV Spirit</b> | <b>Frontline - The Fish on My Plate</b> Paul Greenberg investigates eating fish and the health of Earth's oceans. |                                   |                                                                                                                                                         | <b>Changing Seas</b> | <b>POV - The Islands &amp; the Whales</b> Whale hunting is changing.                                                                              |                                                                                                               | <b>Company Town</b> People work to save their communities.                                        |                                    |
| THU 12             | 8:00                                                                                                              | 8:30                              | 9:00                                                                                                                                                    | 9:30                 | 10:00                                                                                                                                             | 10:30                                                                                                         | 11:00                                                                                             | 11:30                              |
| <b>CPTV</b>        | <b>Father Brown - The Theatre of the Invisible</b> A contestant on a radio quiz show is found dead.               |                                   | <b>The Dr. Blake Mysteries - This Time &amp; This Place</b> A young woman is shot at a bonfire celebration.                                             |                      | <b>The Dr. Blake Mysteries - By the Southern Cross</b> Tensions flare between workers and students.                                               |                                                                                                               | <b>Ask This Old House</b>                                                                         | <b>This Old House</b>              |
| <b>CPTV Spirit</b> | <b>Start Up</b>                                                                                                   | <b>Make 48 - Part 6</b>           | <b>This Old House Hour</b> Tom and an intern pour a new foundation.                                                                                     |                      | <b>The Great British Baking Show, Season 2 - Part 1: Cakes</b>                                                                                    |                                                                                                               | <b>The Great British Baking Show - Masterclass 1</b>                                              |                                    |

## Making Me Whole. Prison, Art & Healing

Premieres Thursday, October 5 at 8 p.m. on CPTV

Repeats Sunday, October 8 at 12 p.m. on CPTV



Discover how the Judy Dworin Performance Project, the Connecticut Department of Correction, and Connecticut social service organizations have partnered on innovative arts projects that help people in and out of prison heal and re-enter society.

This program is a CPTV Partnership Production. For more information, visit [cptv.org/makingmewhole](http://cptv.org/makingmewhole)

This project is supported in part by an award from The Andrew W. Mellon Foundation, Mid-America Arts Alliance, New England Foundation for the Arts, and the Department of Economic and Community Development: Connecticut Office of the Arts. More Art For More People.

**cptv**

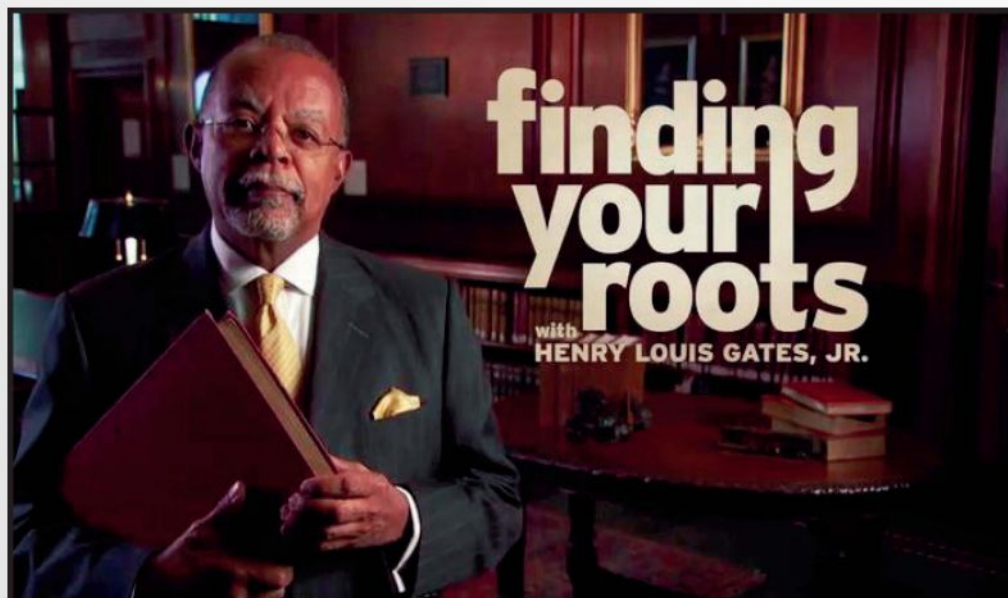


MID-AMERICA ARTS ALLIANCE



# Prime Time | October 13-18

| FRI   13    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------|
| CPTV        | Midsomer Murders - Vixen's Run, Parts 1 & 2 A wealthy, eccentric aristocrat dies after gathering his three wives at his hall.                                       |                            |                                                                                                                                       |                                                                                                                    | Great Performances - Grammy Salute to Music Legends 2017  See a salute to Shirley Caesar, Jimmie Rodgers, Nina Simone, and more. |                                                                                                         | Third Rail with OZY                                                                         |                  |
| CPTV Spirit | Hispanic Heritage Awards 2017 (See CPTV, Oct. 6 at 10 p.m.)                                                                                                         |                            | Movie Classics Collection - 12 Angry Men (See CPTV, Oct. 7 at 9 p.m.)                                                                 |                                                                                                                    | On Story                                                                                                                         |                                                                                                         | Science Goes to the Movies                                                                  | On Story         |
| SAT   14    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
| CPTV        | Movie Classics Collection - Some Like It Hot* (Start: 7:30 p.m.) To evade gangsters, two men don skirts and makeup and join an all-girl band. Marilyn Monroe stars. |                            |                                                                                                                                       | The Inspector Lynley Mysteries - Missing Joseph Was a death the result of an accident or an intentional poisoning? |                                                                                                                                  | Father Brown - The Theatre of the Invisible (See CPTV, Oct. 12 at 8 p.m.)                               |                                                                                             |                  |
| CPTV Spirit | Marley's Ghosts - Part 3                                                                                                                                            | Vicious, Season 1 - Part 3 | Luther, Season 3 - Part 1 A fetish killer is on the hunt.                                                                             |                                                                                                                    | Hinterland - Night Music, Part 1  A photographer's body is found.                                                                |                                                                                                         | Masterpiece Mystery! - Inspector Lewis, Season 8: One for Sorrow**                          |                  |
| SUN   15    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
| CPTV        | The Durrells in Corfu, Season 2 on Masterpiece - Part 1  Louisa meets a handsome fellow Brit.                                                                       |                            | Poldark, Season 3 on Masterpiece - Part 3  A failed harvest incites food riots.                                                       |                                                                                                                    | The Collection on Masterpiece - Part 2  Tormented by his demons, Claude goes to the country.                                     |                                                                                                         | Midsomer Murders - Vixen's Run, Parts 1 & 2** (See CPTV, Oct. 13 at 8 p.m.)                 |                  |
| CPTV Spirit | Nature - Dolphins: Spy in the Pod, Part 1                                                                                                                           |                            | Sex in the Wild - Dolphins Explore dolphins' mating strategies.                                                                       |                                                                                                                    | Life on the Reef - Part 3 A cyclone hits the North Queensland coast.                                                             |                                                                                                         | Changing Seas                                                                               | Changing Seas    |
| MON   16    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
| CPTV        | Antiques Roadshow - Baton Rouge, Part 1 A French Art Deco ring is appraised.                                                                                        |                            | Antiques Roadshow - Baton Rouge, Part 2 Highlights include a Louisiana political poster.                                              |                                                                                                                    | The Gene Doctors  Doctors are devising treatments that target the root causes of hereditary diseases.                            |                                                                                                         | Alzheimer's: Every Minute Counts The public health threat posed by Alzheimer's is explored. |                  |
| CPTV Spirit | Born to Explore                                                                                                                                                     | Weekends with Yankee       | Flying to the Ends of the Earth - Part 2                                                                                              |                                                                                                                    | Globe Trekker - Food Hour: Sicily                                                                                                |                                                                                                         | Islands Without Cars                                                                        | Travelscope      |
| TUE   17    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
| CPTV        | Finding Your Roots, Season 4 - Puritans & Pioneers  William H. Macy and other actors are featured.                                                                  |                            | The Vietnam War - Part 4: Resolve North Vietnamese troops stream down the Ho Chi Minh Trail, and an anti-war movement builds at home. |                                                                                                                    |                                                                                                                                  | Beyond the Divide An act of civil disobedience divides a town between anti-war and military supporters. |                                                                                             |                  |
| CPTV Spirit | NOVA - Chasing Pluto Follow NASA's New Horizons spacecraft.                                                                                                         |                            | NOVA - Death Dive to Saturn Explore the Cassini space probe.                                                                          |                                                                                                                    | Apollo Wives The wives of Apollo astronauts share their stories.                                                                 |                                                                                                         | Start Up                                                                                    | Make 48 - Part 6 |
| WED   18    | 8:00                                                                                                                                                                | 8:30                       | 9:00                                                                                                                                  | 9:30                                                                                                               | 10:00                                                                                                                            | 10:30                                                                                                   | 11:00                                                                                       | 11:30            |
| CPTV        | Nature - Animal Reunions Keepers and carers reunite with animals that were once in their care.                                                                      |                            | NOVA - Secrets of the Forbidden City  The engineering of Beijing's Forbidden City is explored.                                        |                                                                                                                    | Frontline - Fight for Mosul  Go inside the brutal battle to defeat ISIS in Iraq's second-largest city.                           |                                                                                                         | Antiques Roadshow - Baton Rouge, Part 1 (See CPTV, Oct. 16 at 8 p.m.)                       |                  |
| CPTV Spirit | POV - American Promise Two African-American boys are followed as they make their way through a prestigious private school.                                          |                            |                                                                                                                                       |                                                                                                                    | POV - Motherland  Travel to the Philippines to get a look inside the busiest maternity hospital in the world.                    |                                                                                                         |                                                                                             | Arts in Context  |



## Finding Your Roots Tuesdays at 8 p.m. beginning October 3 on CPTV

The acclaimed series returns with Professor Gates exploring the mysteries, surprises, and revelations hidden in the family trees of popular figures. Participants include Aziz Ansari, Scarlett Johansson, Ted Danson, Larry David, and more.



# Prime Time | October 19-24

| THU   19           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------|
| <b>CPTV</b>        | <b>Father Brown - Tanganyika Green</b><br>P Father Brown investigates a postal service officer's murder.                                                           |                                   | <b>The Dr. Blake Mysteries - A Night to Remember</b> A famous actress is murdered at a charity event.                                                                |      | <b>The Dr. Blake Mysteries - Women &amp; Children</b> Blake investigates a murder in the hospital.                                                                                                                         |                                                                                                                                                 | <b>Ask This Old House</b>                                                                          | <b>This Old House</b>      |
| <b>CPTV Spirit</b> | <b>Start Up</b> P                                                                                                                                                  | <b>Make 48 - Part 7</b> P         | <b>This Old House Hour</b> P A beam is installed to support an opening.                                                                                              |      | <b>The Great British Baking Show, Season 2 - Part 2: Bread</b>                                                                                                                                                             |                                                                                                                                                 | <b>The Great British Baking Show - Masterclass 2</b>                                               |                            |
| FRI   20           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
| <b>CPTV</b>        | <b>Midsomer Murders - Down Among the Dead Men, Parts 1 &amp; 2</b><br>Blackmail, revenge, and murder strike again in Midsomer, and Barnaby has plenty of suspects. |                                   |                                                                                                                                                                      |      | <b>Great Performances - She Loves Me**</b> P See the classic musical about feuding clerks who don't realize they're romantic pen pals. Roundabout's 2016 production stars Laura Benanti, Zachary Levi, and Jane Krakowski. |                                                                                                                                                 |                                                                                                    |                            |
| <b>CPTV Spirit</b> | <b>Hollywood Idols</b> P                                                                                                                                           | <b>Hollywood Idols</b> P          | <b>Movie Classics Collection - Some Like It Hot</b> (See CPTV, Oct. 14 at 8 p.m.)                                                                                    |      |                                                                                                                                                                                                                            | <b>Science Goes to the Movies</b>                                                                                                               | <b>On Story</b>                                                                                    |                            |
| SAT   21           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
| <b>CPTV</b>        | <b>Glen Campbell: Good Times Again*</b> (Start: 7:30 p.m.; See CPTV, Oct. 7 at 8 p.m.)                                                                             |                                   | <b>The Inspector Lynley Mysteries - Playing for the Ashes</b> Lynley seeks the help of profiler Helen Clyde when he investigates the death of a superstar cricketer. |      |                                                                                                                                                                                                                            | <b>Father Brown - Tanganyika Green</b> (See CPTV, Oct. 19 at 8 p.m.)                                                                            |                                                                                                    | <b>Hollywood Idols</b> P   |
| <b>CPTV Spirit</b> | <b>Marley's Ghosts - Part 4</b> P                                                                                                                                  | <b>Vicious, Season 1 - Part 4</b> | <b>Luther, Season 3 - Part 2</b> The team works to track down a killer.                                                                                              |      | <b>Hinterland - Night Music, Part 2</b> P (See CPTV Spirit, Oct. 14 at 10 p.m.)                                                                                                                                            |                                                                                                                                                 | <b>Masterpiece Mystery! - Inspector Lewis, Season 8: Magnum Opus**</b>                             |                            |
| SUN   22           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
| <b>CPTV</b>        | <b>The Durrells in Corfu, Season 2 on Masterpiece - Part 2</b> P Louisa tries to boost Larry's writing career.                                                     |                                   | <b>Poldark, Season 3 on Masterpiece - Part 4</b> P Ross takes a desperate gamble to help another.                                                                    |      | <b>The Collection on Masterpiece - Part 3</b> P Paul presents his make-or-break collection of gowns.                                                                                                                       |                                                                                                                                                 | <b>Midsomer Murders - Down Among the Dead Men, Parts 1 &amp; 2**</b> (See CPTV, Oct. 20 at 8 p.m.) |                            |
| <b>CPTV Spirit</b> | <b>Nature - Dolphins: Spy in the Pod, Part 2</b>                                                                                                                   |                                   | <b>Big Pacific - Part 1: Mysterious</b> Dive into the mysterious Pacific.                                                                                            |      | <b>Mysteries of the Coral Canyon</b> How are sharks and reefs linked?                                                                                                                                                      |                                                                                                                                                 | <b>Window in the Waves</b> P                                                                       | <b>Changing Seas</b>       |
| MON   23           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
| <b>CPTV</b>        | <b>Antiques Roadshow - Baton Rouge, Part 3</b> Confederate letters from the Civil War are appraised.                                                               |                                   | <b>Antiques Roadshow - Kansas City, Part 1</b> Items include a Kansas City Fire Chief presentation badge.                                                            |      | <b>Unlearning: Breaking Bias. Building...</b>                                                                                                                                                                              | <b>Independent Lens - Peace Officer</b> The investigations of a former sheriff highlight the increasingly militarized state of American police. |                                                                                                    |                            |
| <b>CPTV Spirit</b> | <b>Born to Explore</b> P                                                                                                                                           | <b>Weekends with Yankee</b>       | <b>Flying to the Ends of the Earth - Part 3</b> P                                                                                                                    |      | <b>Globe Trekker - Rome II</b>                                                                                                                                                                                             |                                                                                                                                                 | <b>Rick Steves' Europe</b>                                                                         | <b>Rick Steves' Europe</b> |
| TUE   24           | 8:00                                                                                                                                                               | 8:30                              | 9:00                                                                                                                                                                 | 9:30 | 10:00                                                                                                                                                                                                                      | 10:30                                                                                                                                           | 11:00                                                                                              | 11:30                      |
| <b>CPTV</b>        | <b>Finding Your Roots, Season 4 - The Vanguard</b> P Ava DuVernay and Ta-Nehisi Coates are featured.                                                               |                                   | <b>The Vietnam War - Part 5: This Is What We Do</b> Enemy body counts and American casualties mount as GIs chase an elusive foe and face deadly ambushes.            |      |                                                                                                                                                                                                                            | <b>On Two Fronts: Latinos &amp; Vietnam</b> Examine the Latino experience during a war that placed its heaviest burden on the working class.    |                                                                                                    |                            |
| <b>CPTV Spirit</b> | <b>NOVA - Nuclear Meltdown Disaster</b>                                                                                                                            |                                   | <b>Command &amp; Control: American Experience</b> Discover the terrifying truth behind one of America's most dangerous nuclear accidents.                            |      |                                                                                                                                                                                                                            |                                                                                                                                                 | <b>Start Up</b>                                                                                    | <b>Make 48 - Part 7</b>    |



## DANIEL TIGER'S NEIGHBORHOOD LIVE! King for a Day!

Sun, Oct 8 at 2 pm

Based on the #1 PBS KIDS TV series, the gr-r-ific musical for little tigers and grownups alike is back with an all-NEW show! Daniel and all of his friends invite you for an adventure in Neighborhood of Make-Believe where Daniel learns just what it takes to be King. It's a royally great time!

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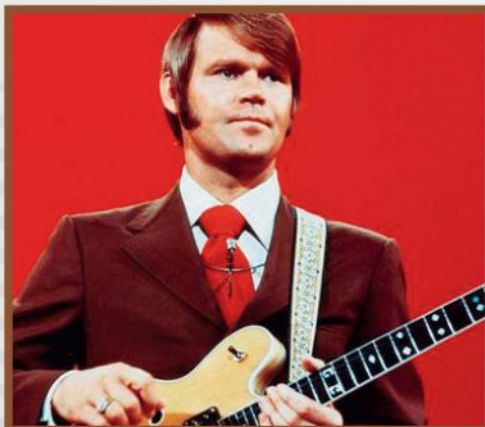
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# Prime Time | October 25-31

| WED 25      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|---------------------------------------|
| CPTV        | Nature - Charlie & the Curious Otters  Follow the story of curious otter orphans in Wisconsin.                                                             |                                                                                          | NOVA - Killer Volcanoes  A volcanic mega-eruption plunged the medieval earth into a deep freeze.                                                  |                                                                                                                                                        | Frontline - Putin's Revenge, Part 1  Learn the inside story of Putin's conflict with the U.S.                                                                                                              |                                                                                                       | Antiques Roadshow - Baton Rouge, Part 3 (See CPTV, Oct. 23 at 8 p.m.)                       |                                       |
| CPTV Spirit | Arts in Context                                                                                                                                            | Independent Lens - Through a Lens Darkly Meet pioneering African-American photographers. |                                                                                                                                                   |                                                                                                                                                        | POV - Cameraperson  See a thoughtful examination of what it means to train a camera on the world.                                                                                                          |                                                                                                       | Arts in Context                                                                             |                                       |
| THU 26      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | Father Brown - Fire in the Sky  The body of a man is found in a locked room.                                                                               |                                                                                          | The Dr. Blake Mysteries - Room Without a View A hotel owner finds a body in one of the rooms.                                                     |                                                                                                                                                        | The Dr. Blake Mysteries - Darkness Visible Patrick Tyneman's son is arrested for murder.                                                                                                                   |                                                                                                       | Ask This Old House                                                                          | This Old House                        |
| CPTV Spirit | Start Up                                                                                                                                                   | Make 48 - Part 8                                                                         | This Old House Hour  Kevin and Tom build a new floor.                                                                                             |                                                                                                                                                        | The Great British Baking Show, Season 2 - Part 3: Desserts                                                                                                                                                 |                                                                                                       | The Great British Baking Show - Masterclass 3                                               |                                       |
| FRI 27      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | Midsomer Murders - Four Funerals and a Wedding, Parts 1 & 2 A 90-year-old battle of the sexes comes to a head in Broughton, with casualties on both sides. |                                                                                          |                                                                                                                                                   |                                                                                                                                                        | Live from Lincoln Center - Falsettos**  Nominated for five 2017 Tonys, this is a poignant and humorous look at a modern family set amidst the emerging AIDS crisis. This production stars Christian Borle. |                                                                                                       |                                                                                             |                                       |
| CPTV Spirit | Hollywood Idols                                                                                                                                            | Hollywood Idols                                                                          | Northanger Abbey Felicity Jones plays a romance addict in Jane Austen's parody of gothic fiction.                                                 |                                                                                                                                                        |                                                                                                                                                                                                            | Science Goes to the Movies                                                                            | Science Goes to the Movies                                                                  | On Story                              |
| SAT 28      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | Movie Classics Collection - Libeled Lady* (Start: 7:30 p.m.; See CPTV Spirit, Oct. 6 at 9 p.m.)                                                            |                                                                                          |                                                                                                                                                   | The Inspector Lynley Mysteries - In the Presence of the Enemy After the love child of an MP and a newspaper editor is kidnapped, they are blackmailed. |                                                                                                                                                                                                            | Father Brown - Fire in the Sky (See CPTV, Oct. 26 at 8 p.m.)                                          |                                                                                             |                                       |
| CPTV Spirit | Marley's Ghosts - Part 5                                                                                                                                   | Vicious, Season 1 - Part 5                                                               | Luther, Season 3 - Part 3 Luther is assigned to hunt a vigilante killer.                                                                          |                                                                                                                                                        | Hinterland - Penwyllt, Part 1  A young man's body is found in a lake.                                                                                                                                      |                                                                                                       | Masterpiece Mystery! - Inspector Lewis, Season 8: What Lies...*                             |                                       |
| SUN 29      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | The Durrells in Corfu, Season 2 on Masterpiece - Part 3  A birthday party is thrown for Louisa.                                                            |                                                                                          | Poldark, Season 3 on Masterpiece - Part 5  George is driven to the breaking point.                                                                |                                                                                                                                                        | The Collection on Masterpiece - Part 4  Inspector Bompard tightens the noose on the Sabines.                                                                                                               |                                                                                                       | Midsomer Murders - Four Funerals and a Wedding, Parts 1 & 2** (See CPTV, Oct. 27 at 8 p.m.) |                                       |
| CPTV Spirit | Nature - Jungle Animal Hospital Visit a Guatemalan animal hospital.                                                                                        |                                                                                          | Big Pacific - Part 2: Violent Violence is part of life in the Pacific.                                                                            |                                                                                                                                                        | Quietest Place on Earth The crater at a volcano's summit is explored.                                                                                                                                      |                                                                                                       | Changing Seas                                                                               | Changing Seas                         |
| MON 30      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | Antiques Roadshow - Our 50 States 1  Hidden treasures include a Kentucky sugar chest.                                                                      |                                                                                          | Edgar Allan Poe: American Masters  Discover the real story of the notorious author. Denis O'Hare stars as Edgar Allan Poe himself.                |                                                                                                                                                        |                                                                                                                                                                                                            | Ripley, Believe It or Not: American Experience The eccentric Robert Ripley created an empire.         |                                                                                             | On Story                              |
| CPTV Spirit | Born to Explore                                                                                                                                            | Weekends with Yankee                                                                     | Silent Storytellers  The stories that cemeteries "tell" are explored.                                                                             |                                                                                                                                                        | Globe Trekker - Food Hour: The Story of Beer                                                                                                                                                               |                                                                                                       | The Real McCoy Legendary bootlegger Bill McCoy is profiled.                                 |                                       |
| TUE 31      | 8:00                                                                                                                                                       | 8:30                                                                                     | 9:00                                                                                                                                              | 9:30                                                                                                                                                   | 10:00                                                                                                                                                                                                      | 10:30                                                                                                 | 11:00                                                                                       | 11:30                                 |
| CPTV        | Finding Your Roots, Season 4 - Immigrant Nation  Paul Rudd and Scarlett Johansson are guests.                                                              |                                                                                          | The Vietnam War - Part 6: Things Fall Apart The brutality of the Tet Offensive unfolds on television. President Johnson decides not to run again. |                                                                                                                                                        |                                                                                                                                                                                                            | Finding Your Roots, Season 3 - War Stories Guests explore military service in their family histories. |                                                                                             | Voices from Vietnam: Reflecting at... |
| CPTV Spirit | Secrets of the Dead - Ben Franklin's Bones                                                                                                                 |                                                                                          | Secrets of the Dead - Jamestown's Dark Winter                                                                                                     |                                                                                                                                                        | Secrets of the Dead - Vampire Legend                                                                                                                                                                       |                                                                                                       | Start Up                                                                                    | Make 48 - Part 8                      |



## Glen Campbell: Good Times Again

Saturday, October 7 and 21 at 7:30 p.m. on CPTV

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## Carla's Butternut Squash Ravioli

### From Faith:

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### INGREDIENTS:

**15 oz. Carla's Striped Butternut Squash Ravioli**  
**1 cup leeks, diced (make sure to wash well before use)**  
**1 cup pancetta or bacon, diced**  
**1 cup heavy cream**  
**¼ cup parmesan cheese, grated**  
**salt and ground black pepper to taste**

### HOW TO MAKE IT:

1. Render fat from pancetta by heating in sauté pan over medium high heat until crispy. Set 1 tablespoon of pancetta aside for garnish.
2. Add leeks to sauté pan and cover. Cook leeks for 2-3 minutes until translucent.
3. Add heavy cream and simmer until sauce reduces to a thickened consistency, about 5 minutes (it should coat the back of a spoon).
4. Bring 6-8 quarts of water to a boil. Add Carla's Striped Butternut Squash Ravioli and simmer for 3-4 minutes until pasta is tender and filling is hot.
5. Strain pasta and add to hot sauce to coat thoroughly.
6. Garnish with reserved crispy pancetta and parmesan cheese.



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# The Lost Lighthouse Keeper

GHOST STORY OF BRIDGEPORT'S  
BEACON HAS ROOTS IN REALITY

In honor of Halloween season, I recently went ghost hunting.

I wasn't looking for psychic vibrations or similar otherworldly signs of the spirit world. Instead I sought newspaper clippings and historic accounts of a famous Bridgeport ghost named Frederick A. Jordan. A former lighthouse keeper, Jordan is said to haunt the waves around Bridgeport's Penfield Reef Lighthouse at the entrance to Black Rock Harbor.

Penfield Reef Lighthouse was built in 1874 to serve as a sentry beside the treacherous Penfield Reef, a mostly submerged reef jutting into the harbor that has been the bane of many ships.

The story goes that shortly before Christmas in 1916, Jordan, the head keeper at the lighthouse, left to row ashore to spend the holiday with his family. A sudden gale capsized his boat and he drowned. Afterward keepers and assistant keepers were said to see his image at the lighthouse, and the log book would turn to the date he died. Later, there were stories of a mysterious man leading at least two stray boats away from the reef to safety. More recently, in the 1970s, lighting malfunctions in the lighthouse were blamed on Jordan.

Beyond the historic lighthouse setting, what's intriguing about the tale is that the haunted rumors are at least based on reported events.

"When folks hear about ghosts it's usually an anonymous, unknown individual," says Michael Bielawa, author of *Wicked Bridgeport* and *Wicked New Haven* and collector of local legends and stories of the supernatural. "Frederick Jordan was the lighthouse keeper on Penfield Reef. Frederick Jordan drowned on Dec. 22, 1916, just before Christmas. He was a real person."

Indeed, Jordan's death occurred much as the legend says.

An account of his drowning in the *Bridgeport Evening Farmer* on Dec. 26, 1916, states: "He lost his life while making an effort to reach his family — with whom he intended to spend Christmas." In an open rowboat, Jordan set out around 1:30 p.m. to take the ferry from Bridgeport to Port Jefferson, Long Island, where his family lived. About 15 minutes into his



Penfield Reef Lighthouse in Bridgeport is said to have a history of supernatural activity. LIBRARY OF CONGRESS

journey "a gale of wind suddenly sprang up. It lashed the sea to a wild fury and the frail boat was tossed about on the crest of the tumultuous waves, Jordan unable to control it. He was swept back by the fast running tide, wind and waves, to a point about one-half mile from the light[house] where the boat capsized." Jordan's assistant keeper witnessed the scene from the lighthouse and tried to go to "his aid in another boat but was swept back to the lighthouse by the storm and sea." (A *Bridgeport Sunday Post* article published on May 14, 1922, also contains this account with quotes from Rudolph Iten, the assistant keeper at the time, who, by all accounts, made a valiant, if failed, attempt to save Jordan.)

Jordan's body was not discovered until the following March when it washed up on the other side of Long Island Sound near Riverhead, New York.

The moment the tragic tale evolved into a ghost story can be traced to a 1920s article in the *Bridgeport Sunday Post* that survives in the historical archives of the Bridgeport Library. In the article, Iten, who became head keeper at the lighthouse after Jordan's death, recounts anecdotes about life as a lighthouse keeper, telling the reporter, "They say that all lighthouse keepers are mad." He then claims to have begun seeing Jordan's ghost shortly after the former keeper's death. "Some days later on what was one of the worst nights in the history of Penfield, [when] the waves were

dashing over the lantern, I was awakened — I was off duty — by a strange feeling that someone was in my room. Sitting up I distinctly saw a gray, phosphorescent figure emerging from the room formerly occupied by Fred Jordan. It hovered at the top of the stairs, and then disappeared in the darkness below. Thinking it was the assistant keeper I called to know if anything was the matter, but he answered me from the lens room that all was well." Later in the article, Iten describes how the log book mysteriously turned to the page recounting Jordan's death.

A *Bridgeport Post* article from March 16, 1972, told of residents on the shore reporting an erratic light flashing at the lighthouse, and a Coast Guard vessel being dispatched to investigate the problem. Although a mechanical cause was discovered, the article reported that "some 'old salts' in the area attribute the mysterious malfunction to the ghosts of former lighthouse keepers."

While researching the fallen lighthouse keeper, Bielawa has learned a great deal about Jordan, including his age when he died (38), and the number of children he had (three). He says, "Frederick Jordan was a hero out there on the reef with his assistants. They did save vessels; they did save lives." He adds, "In a way, his spirit lives on no matter what," whether as a ghost "in that lighthouse or through his accomplishments saving humans." ■



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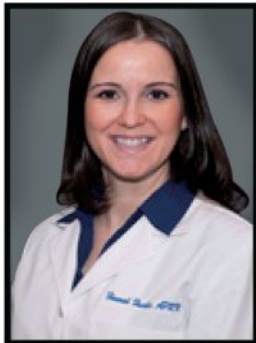
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